



Enhancing Memory Made Easy

Vikram Pandey

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Are you often unable to remember an important fact or figure? Do you forget people's names at the worst moments? Are you ever asked a question, and you should know the answer, but you struggle to form an intelligent reply?

These are common instances where a good memory is important.

Whether you're a student studying for final exams, a working professional interested in doing all you can to stay mentally sharp, or a senior looking to preserve and enhance your grey matter as you age, there are lots of things you can do to improve your memory and mental performance.

The human brain has an astonishing ability to adapt and change—even into old age. The brain's incredible ability to reshape itself holds true when it comes to learning and memory. You can harness the natural power to increase your cognitive abilities, enhance your ability to learn new information, and improve your memory.

This book contains some of the natural ways as how to increase anyone's memory whether it's you, your child or your students.

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Douglas Ham:

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