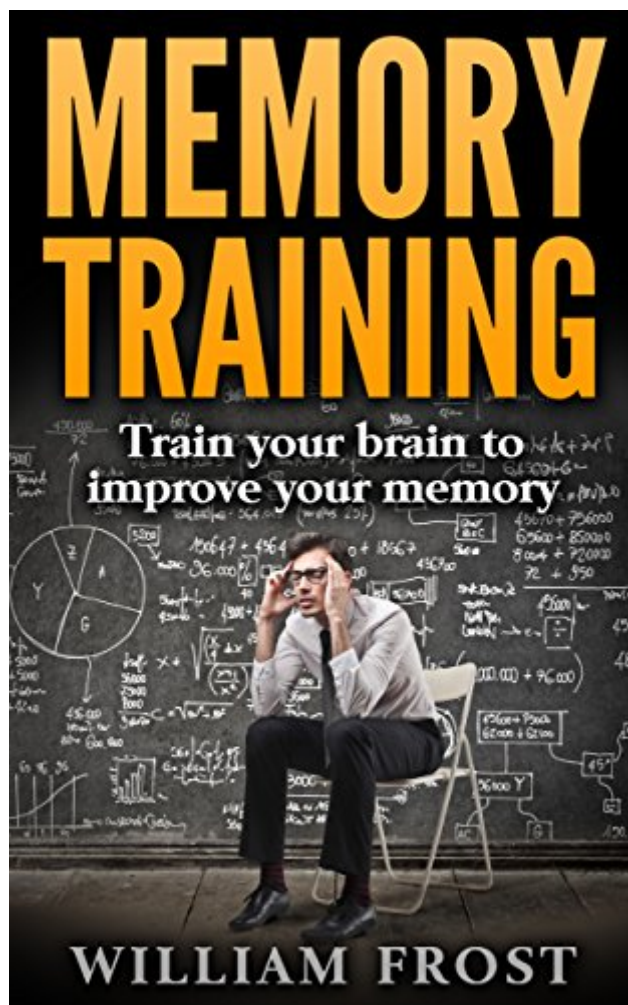


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# Memory Training: Train Your Brain To Improve Your Memory (Unlimited Memory, Mental Health, Memory Techniques, Education & Reference, Study Skills, Memory Improvement Book 1)





## Synopsis

Improve your memory and impress your friends Get this bestseller for just \$2.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to improve your memory in the most efficient and effective ways possible. Studying for an exam? Hoping to learn a new language? Training for a quiz bee? Well, weâ™ve got you covered! This book will show you all the ins and outs of training your memory. Here is a breakdown of what you will get: In the first chapter, you will learn about the workings of your own brain as far as memory formation is concerned. In the second chapter, you will be given complete access to the best study hacks that will actually make you look forward to studying, believe it or not. As for the third chapter, you can expect to learn how to practice mindfulness, which is basically the foundation on which you will be building long-term memory. After that, chapters four through seven will provide you with tested and proven mnemonics. Each of these chapters will show you how to apply the association technique, chunking, rhyming, and loci in the best possible ways. Finally, you can sum up all of your learnings together in a cohesive yet simple way with the help of chapter eight, which is all about techniques on thought organization. Take action today and download this book for a limited time discount of only \$2.99

## Book Information

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## Customer Reviews

This book is very helpful in improving your memory. The techniques and tips in this book are very useful to hone and increase the capacity of my memory. This book has proven steps and strategies on how to improve our memory in the most efficient and effective ways possible. This is really a nice guide equipped with ways to apply the knowledge learned from this book.

Wow! Incredible book that clearly shows you how powerful your mind can be if trained. These powerful training techniques have me stunned! I've heard that your mind can learn anything and this book really shows you step by step on how to do just that by training your memory! Very interesting topics showing you that you learn to retain things differently if you are a visual learner, learn things more by listening (audio learner) or if you are a kinesthetic learner. It shows you things to do while you are learning based off of what type of learner you are and how you like to be taught! This is one of those books that I will have to keep in my favorites and I think is a must for anyone! Especially for students!

wow there are lots of techniques in here to improve your memory. The author has done in-depth research in writing this piece. There are step by step instructions on things you need to do to train your memory. I really liked the rhyming technique!

This book had good information in condensed format. It had things I hadn't known about such as the "method of Loci" invented by the Ancient Greeks.

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