



How To Improve Your Memory & Increase Your Brain Power In 30 Days: Simple, Easy & Fun Ways To Improve Memory Now

Jason Scotts

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"How to Improve Your Memory & Increase Your Brain Power in 30 Days" is a text that is focused on methods that can help individuals to improve their memory in a relatively short period of time. The author starts out pretty simply with a definition of what memory is and then progresses into the various methods that can be effectively used to improve memory. The text is appropriate for those individuals that are interested in learning some tried and true methods that can be used to improve memory. In our fast paced society there are an ever increasing number of things the need to be retained and any method that can be used to improve it is extremely advantageous. The reader does benefit from what the author has opted to divulge and the techniques can easily be understood and executed right in the home. Overall the book is a great point of reference for memory improvement.

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