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Super Memory: A Quick-Action Program for Memory Improvement

Douglas Hermann

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Super Memory: A Quick-Action Program for Memory Improvement Douglas Hermann
When's the last time you lost your keys, forgot what you were saying when somebody interrupted, couldn't recall the name of the person you were talking to, or looked at a word you use all the time and thought it was spelled funny? If you'd like to gain better access to the database known as your brain, you'll love this guide, which uses the latest and most successful breakthroughs in the study of memory. The techniques are based on the fact that most of the time the facts you've "forgotten" actually are stored away in your brain; the trick is to know where you filed them. Try these simple exercises designed to use what works best for your particular personality. 320 pages 5 1/4 x 8 1/2.

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