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Improving Your Memory For Dummies

John B. Arden

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Improving Your Memory For Dummies

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Improving Your Memory For Dummies John B. Arden
Practical tips and techniques make remembering a snap

Jog your memory with exercises to help you at home, at work, anywhere!

Whether you are cramming for an exam, have trouble remembering names, or you just want to give your overall memory power a boost, this plain-English guide offers clever tricks to help you remember what you want to remember. You'll discover how your memory works and how to enhance it in all types of situations.

The Dummies Way
* Explanations in plain English
* "Get in, get out" information
* Icons and other navigational aids
* Tear-out cheat sheet
* Top ten lists
* A dash of humor and fun

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