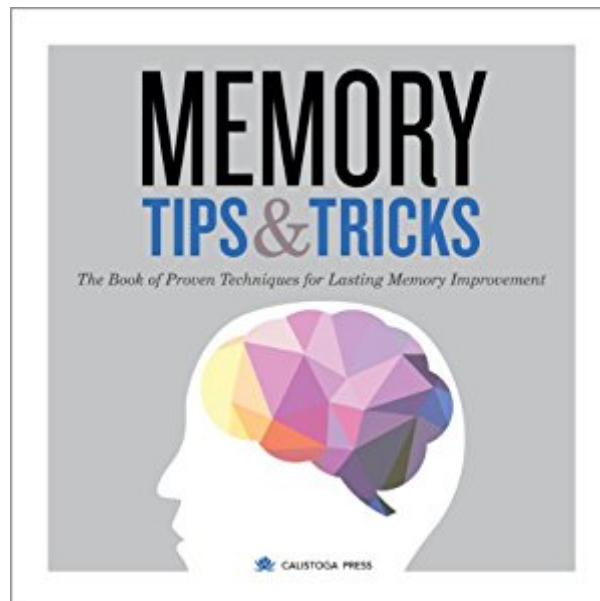


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# Memory Tips And Tricks: The Book Of Proven Techniques For Lasting Memory Improvement



## Synopsis

Boost your brainpower with Memory Tips and Tricks. Like any other muscle in your body, your brain requires exercise to stay in shape and perform at its peak. Unfortunately, factors such as age, stress, and poor diet can contribute to permanent memory loss. Memory Tips and Tricks will explain the way memory works, and show you how to effectively combat memory loss. With simple techniques, you will be able to increase the capacity of your short-term memory, move new information into your long-term memory, and improve your ability to access stored memories throughout your life. A practical guide to memory improvement, Memory Tips and Tricks will teach you how to enhance the power of your brain, with: Memory tools, tips, and techniques developed by leading experts, from an ancient Roman poet to modern psychiatrists A brief overview of memory, including the most recognized and trusted memory tests used by psychologists and neurologists 7 proven exercises for improving memory Effective methods used by the top memory champions to win world championships 20 foods and vitamins to boost your memory and improve cognition A guide to understanding memory, Memory Tips and Tricks offers effective and powerful tips and techniques for enhancing your memory and keeping your brain fit.

## Book Information

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## Customer Reviews

Though I thoroughly enjoyed the latter part of the book with the exercises and rhymes, I must say that the first part of the book (Understanding Memory) was a hard chew. For some, I had to read the paragraph three times to understand what the author was talking about. Considering the intended audience are people who need help with their brain functioning, it looked like the first part of the

book was set to put the brain in overdrive and fry it. But move on to the second and third part and you would be amazed. Most of us have a vague idea that sounds and images help us remember stuff, but we hardly apply it intentionally to our everyday lives. Previously, I would be royally screwed if my phone dies on a shopping trip because it had my shopping lists. I am looking forward to using memory rhymes for my shopping list(I would still have the phone as backup though). Aside from the first part, this book is definitely a good read.

Anyone who is interested in improving their memory should read this book. It has so many good techniques that can be used for different scenarios. I'm not an expert on improving memory, but the techniques in this book offer some real value to people of all life-stages. The content of this book is not focused on memorizing vocabulary for school (although, I'm sure it would help), but presents a more comprehensive approach to memory improvement in general – not – how to memorize. It even goes into some detail on diets that affect memory, which I personally believe is important. I also found some information about how the brain works to be particularly interesting and informative. Enhance your memory like me: pick up this book and get started!

As the mother of a freshman high school student who struggles with memory problems, I was delighted to receive a free copy of *Memory Tips & Tricks: The Book of Proven Techniques for Lasting Memory Improvement* (Calistoga Press, 2014). What started as a quest for more information to help improve my child's short-term memory ended with the discovery of many techniques suitable for strengthening both short-term and long-term memory from which everyone can benefit. Even though I scored an impressive 48 points on the included Memory Span Test (a normal range • includes scores from 18-27 points), I still found it both enjoyable and beneficial to revisit memory techniques I haven't employed in some time (for example, Association; Visualization) and to embrace unfamiliar techniques (Method of Loci). Written in 12 concise chapters and divided into three parts, this book unlocks the methods for understanding and improving memory and includes advanced exercises for those of us who are already pretty good with recall. I especially liked that this book explains memory with enough detail to drive home the crucial information without overdoing it ad nauseum. It also included information about how things such as nutrition, smoking, and exercise can affect your memory in addition to the very useful and detailed methods for increasing memory. Whether you are looking to improve school or work performance, or you are aspiring to remember the names of all 125 students in your high school English class, this book will be a handy tool to help you reach your goals.

Memory Tips and Tricks offer readers practical and effective advice on enhancing their brain power to stay sharp. We all know that poor diet and lack of sleep and exercise along with stress, depression, or anxiety can have adverse effects on our mind and bodies. So, it is of the utmost importance to nurture your body and mind to create a productive lifestyle. Our brains have a remarkable ability to adapt and change. This book provides tangible methods to help stimulate, strengthen and boost your grey matter.

Developed by experts, this book provides memory tools, tips and techniques for strengthening your brain and memory capacity. Research indicates creating memorable images in your mind and a willingness to invest your time aids in retaining more information. Understanding how your brain works, what is stored and accessed is presented in three perspectives: medical, psychological, and scientific. You are provided with six important tools that form the foundation of memory improvement. Through the use of a series of short tests, provided in the book, you can determine your memory span. Methods for improving your memory are also discussed. Additionally, a list of outside forces that inhibit brain and memory activity are provided as well as nutrients that boost memory. So set aside some time to test your brain and memory capacity.

As I read the introduction I said to myself "This book is for me!!" • I am the person who never remembers why she walked in a room, where she left her keys, or what she did with an item she was holding a minute ago. I did want to get to the memory tools right away, but I appreciate the information on how memory works. I also appreciate the information on how things like diet, alcohol, caffeine, lack of exercise, lack of sleep, stress, multitasking and other things can affect memory. I liked the memory tests. (It seems I may actually have a better memory than I thought, too much multitasking maybe?) Overall, I think this book is a useful tool for helping improve memory. Many of the tricks I was already familiar with- chunking, rhyming, and acronyms and acrostics, for example. Most are also fairly simple. They may not all suit everybody- I found the method of loci and the concept of a memory palace not as simple as described, but I have a hard time with anything involving visualization. As for no longer forgetting where I put my keys- well, I'm still working on that. I received this book for free for the purpose of providing an unbiased review.

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