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How to Improve Your Memory: Tips, Tools, and Techniques

Jason James

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Stay sharp - develop your memory and mental skills!

Are you absent-minded and forgetful?

How to Improve Your Memory: Tips, Tools, and Techniques teaches you to become less self-absorbed and able to connect with people better. You'll learn essential tips for remembering names - which can dramatically improve your personal and business relationships!

This audiobook will help you create a "memory palace" and unlock the power of mnemonic devices. You'll improve your:

- Short-term memory
- Long-term memory
- Verbal and written comprehension
- Ability to focus
- Interactions with technology

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