



# **Memory Improvement: Learn in 7 Easy Steps How To Improve Your Memory (how to improve memory, brain exercises, ebooks, online books, buy ebooks, ebooks online, cheap books,)**

*John Richlove*

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**This book has 7 easy steps that will help you improve your memory.**

“Where did I place my car keys?” “Why did I open my wardrobe again?” “Hmm... I’m not sure whether I have locked that door.” Similar kinds of thoughts are the norm today. So common are they that we simply assume that there is nothing wrong with that i.e. it is part of who we are. Unfortunately, many of us simply shrug off these thoughts as just another normal thing we have to live with i.e. we never give it any second thought. It is only until we tend to ‘completely forget’ something important that we realize that we truly have a problem that we should address immediately. It is only when we suffer the true cost of our forgetfulness when we realize how bad the situation is. It could be forgetting to pay for a flight early and missing a flight altogether, forgetting a friend’s name, missing important dates in our lives due to our forgetfulness, losing customers because we forgot to inform them of something or losing employees simply because we ‘forgot’ to pay them promptly.

While you may assume it is normal to forget stuff and have probably told yourself that you forget easily, the truth is that excessive/chronic forgetfulness is a sign of a deteriorating memory. Your memory is the most visible evidence of the power of your mind. The functions, responsibilities, and capabilities of your brain are so incredible that even today, and in this particular moment, there is a lot you don’t know about it.

But despite the fact that memory differs from one person to another, memory functionality is similar in all of us. The difference between someone who has a great memory, i.e. someone that would be referred to as possessing a higher IQ because he or she can retain information or seems knowledgeable and someone that would be referred to as possessing a lower IQ is that the former of the two has exercised his or her memory.

This simply means that you too can exercise your memory to improve your memory, amass knowledge, and build the capacity to use this knowledge wisely to propel your life in the direction you desire. Often, people say, “I have a bad memory”. While this may be true in some instances, everyone has the ability to improve his/her memory. If you are tired of forgetting important stuff, this book will help you to do just that in 7 simple steps.

**This Book Will Help You To Overcome and Improve The**

## Following:

- Different Types of Memory and How They Work
- Why Should You Use Mnemonic Devices
- How to Take a Mental Snap Shot
- How to exercise and the Brain
- Plus much more

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