

# Intelligent Memory



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著者:Barry Gordon

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Intelligence. Creativity. Common sense. All of these important skills require memory, and this book demonstrates how memory can be both learned and improved by anyone, no matter how old they are or how "absent-minded" they consider themselves to be. Barry Gordon, a world-renowned expert in memory research, explains the components of what he calls "intelligent memory"—paying attention, storing information, creating connections, and retrieving information—and shows, through examples and exercises, how to use these tools to increase our intelligence. Combining groundbreaking science with practical self-evaluation quizzes and memory-strengthening exercises, *Intelligent Memory* is a much-needed tool for anyone

at any age who wants to be a more intelligent, creative person.

作者介绍:

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