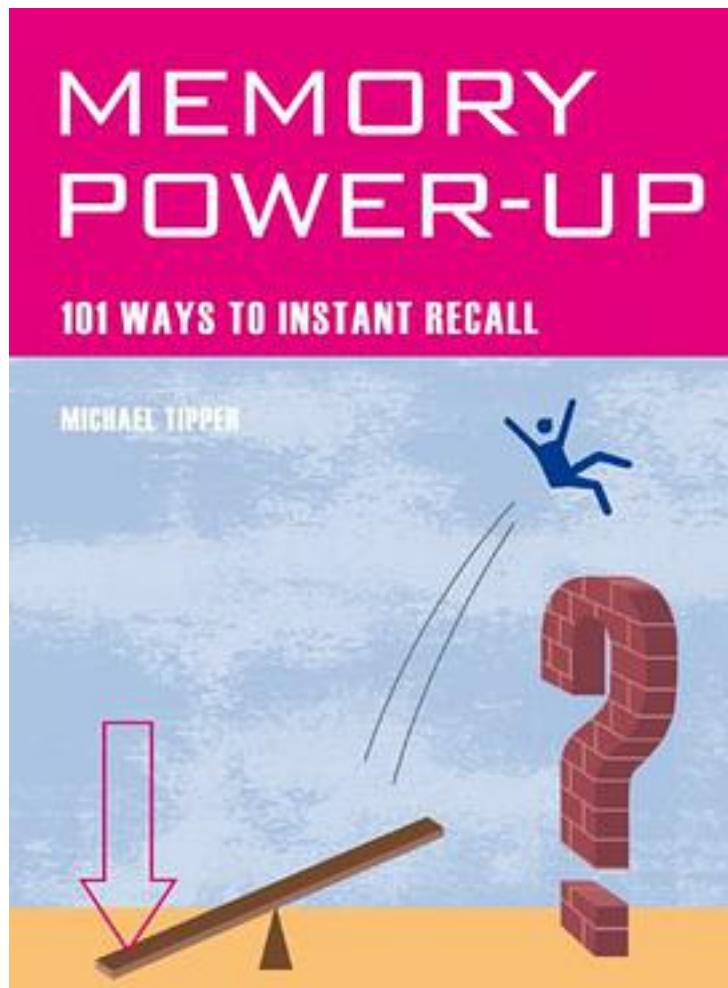


# Memory Power-Up



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Become a memory maestro All it takes is some basic techniques and shortcuts--and here are wonderfully effective tried-and-true methods for maintaining an active,

youthful brain. Like any workout, the routine begins with warm-ups that assess your current memory strength and proceeds step-by-step with exercises that stretch your mind in gentle intervals each day. Start by practicing simple tactics for retaining everyday information as PIN and phone numbers, route directions, and basic lists. Keep going with strategies for remembering birthdays, anniversaries, and names. Finally, reach the amazing point where you can actually give an entire speech without notes...and with confidence. From mastering facts and figures to performing impressive memory tricks to astound friends, you'll take your powers of recall to new heights

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目录:

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