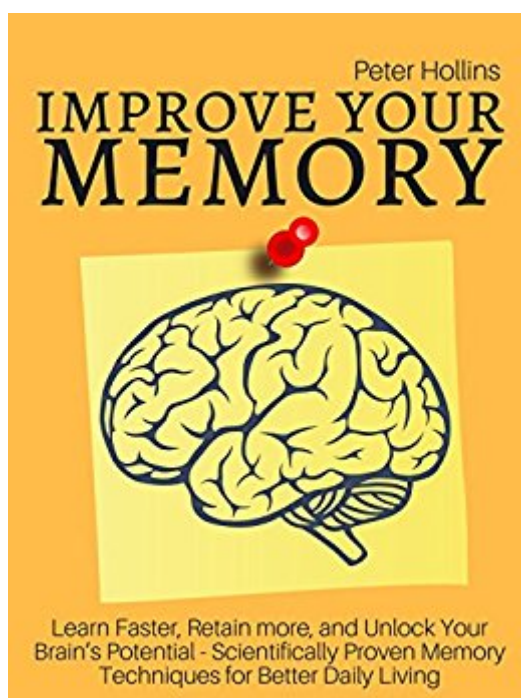


The book was found

Improve Your Memory – Learn Faster, Retain More, And Unlock Your Brain’s Potential 17 Scientifically Proven Memory Techniques For Better Daily Living



Synopsis

Recall more, ace tests, be more productive, and remember every little detail – with techniques from scientists and memory champions. Your brain doesn't want you to remember everything – it's more work! Overcome your brain's instincts with advanced memory tactics to kick your memory into shape and become smarter, faster, and better. Never forget anything – from grocery lists to interview answers. *Improve Your Memory* is a no-nonsense guide that breaks down human memory down from a biological, psychological, and practical standpoint. You won't just learn advanced memory strategies, you'll learn why they work and why you forget. However, this book's goal is singular: to improve memory performance no matter the context, so it is full of actionable tactic after tactic after tactic to make – oel forgot – a phrase that you have forgotten. Cure forgetful & absent-minded mistakes – without endless rehearsal. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Discover how photographic memory really works. • How, why, and the speed at which we forget information. • How your body's state impacts your memory's capabilities. • The infamous Memory Palace technique used by memory champions worldwide. • Curious phenomena of the memory, such as amnesia, and what it means for you. Turn your mind into a focused steel trap and do away with reminder post-its. • How mnemonics are much more than acronyms. • The Von Restorff and Zeigarnik Effects and how they impact memory. • The science of spaced repetition. • Why your brain prefers visual imagery over anything else. Memory is the key to learning, improvement, focus, and performance. How will your life benefit from a stronger memory without having to rehearse and recite for hours a day? You'll learn better. You'll create new habits quicker and understand concepts more easily. Your job or academic performance will improve, and so will your social life. You'll be able to tell stories new and old easily and never run out of things to say. The annoying feeling of imminent recall will be a thing of the past. Your life will become less stressful and more relaxed because you'll be confident everything is taken care of and accounted for. Develop an elephant's memory by clicking the BUY NOW button at the top of this page.

Book Information

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Customer Reviews

Peter writes in a straightforward manner. No hype just honest information that is usable. I was impressed to find no cute little useless sayings or antidotes!

Good to read about forgetting and why the brain's failures in any facet of memory contributes to a bad memory! Educational and helpful. Clear summary and I particularly enjoyed the parts about memory phenomena like amnesia and false memories. Really makes you think about how our realities are simply composed of our memories, and memories can be manipulated so much. Enter the matrix.

Hollins writes a clear book that serves the purpose of solely improving memory, which is pretty cool. gets into each element of memory like the biology, forgetting, and how it all works, before dissecting 17 distinct and interesting methods to remember and retain more. not all of them are useful to everyone but i'd be shocked if you didn't pick up at least a handful of ways to improve your memory. great read.

i've memorized some of these tips, too good to not. i've been trying the technique about photographic memory for the past couple of days and it is SHOCKING how well it works, though it does take a long time for your eyes to adjust. i don't know how it will be after a few weeks of this but

initial results are very encouraging. reminds me of those 3d images you stare at, then suddenly they stay stuck in your mind's eye. super cool.

I was looking for a book on this topic since a long time and I am glad that I decided to give this book a try as this book has all the information I needed to know on the topic

This is very useful information. I have wanted to try some of the techniques explained in this very book. This book has only confirmed to me the very fact that in order to gain potential memory factors that I am to train my mind.

This book gave excellent tools and advise on how to improve your memory. Differently can use the memory methods the author recommends.

really clear set of tips to improve your memory, gets to the point quickly and directly unlike other books which have a ton of fluff. look, memory is complex but if i buy a book on memory, i want tips to improve it! thanks pete!

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