



30 Days to a More Powerful Memory

By Gini Graham Scott PhD

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 288 pages. Dimensions: 10.0in. x 7.0in. x 0.7in. Everyone wants a better memory and in today's information-filled, multitasking age, having a good memory is more important than ever. 30 DAYS TO A MORE POWERFUL MEMORY is designed to help anyone improve his or her memory. Besides drawing on the latest findings from brain and consciousness researchers, psychologists, and others about what works and why, it includes a variety of hands-on techniques and exercises, such as memory-building games and mental-imaging techniques. While some chapters deal with basic ways of preparing your mind and body to remember more, such as improving your overall health and well-being, the main focus is on the techniques you can use day to day to improve your memory. Plus it includes chapters on creating systems so you have memory triggers or you can reduce what you have to remember, so you can concentrate on remembering what's most important to you. It suggests committing a 30-day period to working with these techniques, while readers can select the chapters that most interest them. This 30-day period is a time to hone new memory skills and make them a...



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