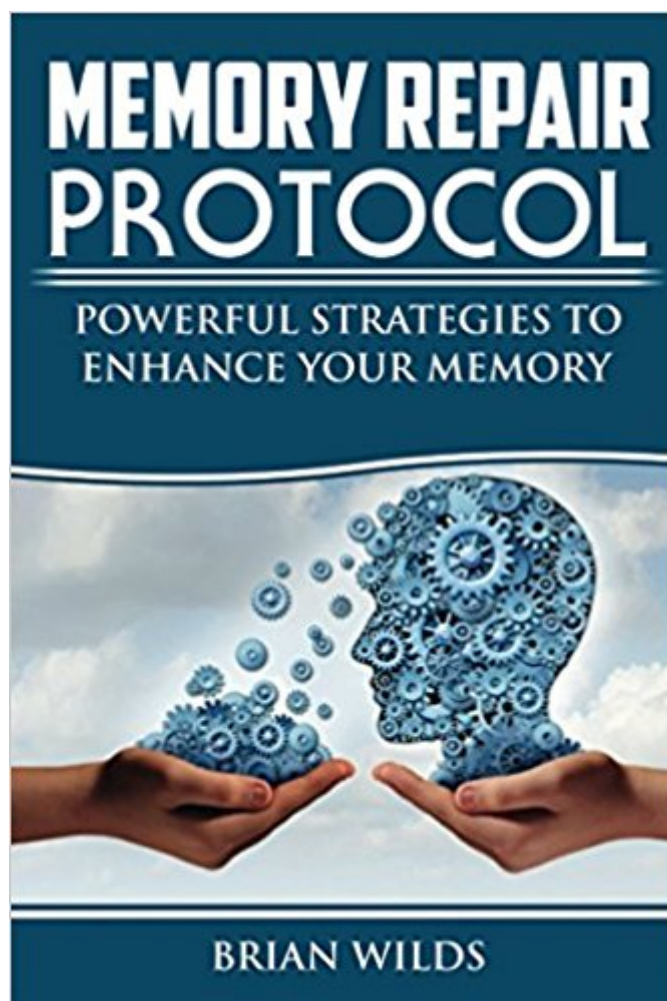


The book was found

Memory Repair Protocol: Powerful Strategies To Enhance Your Memory



Synopsis

Sharpening memory has always been considered as one of the most difficult goals to achieve because people are usually not provided enough information about the ways to fulfill that lifelong wish. However, if people often forget what they have to do at the moment and their forgetfulness is increasing in frequency, then it is about time they considered investing time and effort with a view to boosting their memory. The key to a better memory will be included right here in this book, which represents all the methods that each individual needs in order to sharpen their brain and memory. By providing a great deal of simple and inexpensive advice in many aspects, this book has successfully become the secret weapon for anyone who wants to strengthen their memory, as well as avoid memory loss and other relevant problems. In this e-book, readers will have a closer look at: What causes memory loss and Alzheimer's disease Which food human brain requires in order to strengthen people's mind A detailed dietary plan and some special recipes to enhance memory in 21 days How to exercise the brain by simple tricks and exercises Tips to remember people's names easily All of the methods, tricks and tips offered in this e-book have been tested and evaluated carefully before released. In addition, every single word of this e-book is taken from a wide variety of case studies and real-life experience. With an informative and practical perspective in writing this book, Brian Wilds has brought readers to a whole new world of effective memory-improving methods. Through this book, readers will realize that they are totally capable of enhancing their memory without spending too much effort. Download and start moving towards your goals. Scroll up and click "Buy now with 1-Click" button.

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Memory Improvement #4761 in Books > Health, Fitness & Dieting

Customer Reviews

This book gave a lot of suggestions for keeping your mind sharp. I was able to read the whole thing in about an hour and a half with interruptions. Also gave several ideas for food selections and meal plans. Would recommend.

Absolutely outstanding. This book explains carefully how to boost your memory by applying different tricks and methods. I think the games recommended in this book is really interesting. Personally, my job involves memorizing a lot of customers' faces and information every day, so I feel like the part where this book illustrates ways to remember faces is written for me literally.

Good book, great tips for maintaining your memory.

I was looking for recommendations and diet for a person that suffers from Alzheimer, and this will help complement exercises and diet.

Love it

This book is very informative and interesting. It is not written like a term paper like many factual books. Enjoyed the book and looking forward to putting tips into use.

Not what I thought it would be..

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