



The Simple Guide to Improving Your Memory Tips, Tricks, and Easy Steps to Boost Your Memory, Today The Optimized Living Series

By Karen Williams

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 82 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Long to be as creative as Leonardo da Vinci An intuitive thinker like Albert Einstein Want to have a near super-perfect memory that will get you to the top of your game This book gives you a step-by-step system to do just that. Inside The Simple Guide to Improving Your Memory - Tips, Tricks, and Easy Steps to Boost Your Memory, Today!, you will learn why your mind works the way it does, and also learn how to train it through memory exercises and mind games. Youll discover the secret to how to think faster and more efficiently in order to lead you to totally experiencing a level of vitality, energy and clearness youve never known before. In this book, youll learn the extraordinary role nutrients play in the development of your brain. Culled from the latest and most respected research in the field, this book guides you to the best foods to eat as well as the most useful nutritional supplements. In addition, theres a special section reserved for the most effective herbal remedies that address memory problems, slow...

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