



Your Memory: How It Works and How to Improve It

Kenneth L. Higbee Ph.D.

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Do you want to stop forgetting appointments, birthdays, and other important dates? Work more efficiently at your job? Study less and get better grades? Remember the names and faces of people you meet? The good news is that it's all possible. *Your Memory* will help to expand your memory abilities beyond what you thought possible. Dr. Higbee reveals how simple techniques, like the Link, Loci, Peg, and Phonetic systems, can be incorporated into your everyday life and how you can also use these techniques to learn foreign languages faster than you thought possible, remember details you would have otherwise forgotten, and overcome general absentmindedness. Higbee also includes sections on aging and memory and the latest information on the use of mnemonics.

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Karen Horton:

Spent a free time and energy to be fun activity to try and do! A lot of people spent their free time with their family, or their very own friends. Usually they performing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Might be reading a book could be option to fill your free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the book untitled Your Memory: How It Works and How to Improve It can be very good book to read. May be it could be best activity to you.

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