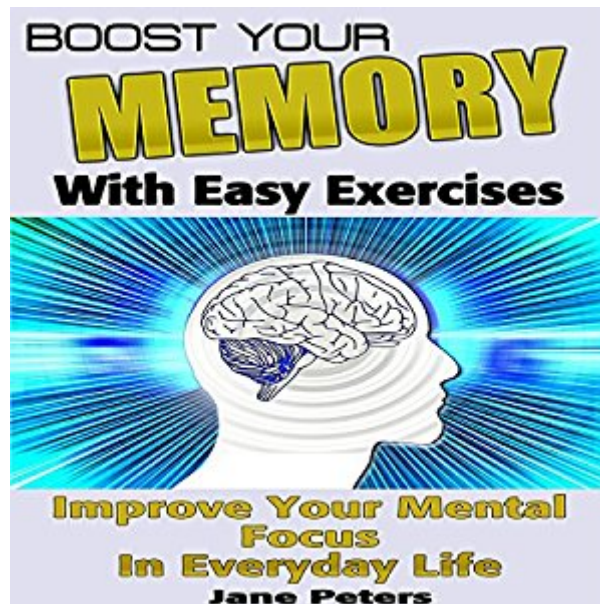


The book was found

Boost Your Memory With Easy Exercises - Improve Your Mental Focus In Everyday Life



Synopsis

Learn How to Boost Your Memory and Improve Your Mental Focus in Your Everyday Life Memories can be fickle things. Many people will have trouble remembering one type of thing, be it names or numbers. Some people are born with wonderful memories and have no trouble keeping things straight. Those born without this incredible ability have to find ways to strengthen their memories. Some do this through repetition exercises; some come up with nifty little games or tricks to keep their minds alert and focused. This book contains proven exercises that will enhance your mental focus and strengthen your ability to remember things through simple daily routines. There are a number of ways to help boost your mental acuity and memory. You do not need to do all of these by yourself; feel free to incorporate your family into your methods. Play word games with your kids, or memory if your children are younger. In this audiobook we will be taking a look at ways to improve your memory through many different strategies. We encourage you to try a few of these and see which ones boost your memory the most. It may help to put a few of these strategies together, using multiple methods to achieve your goal of memory retention. Listen to the audiobook and begin to improve your memory and mental focus today!

Book Information

Audible Audio Edition

Listening Length: 26 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Jane Peter

Audible.com Release Date: March 4, 2016

Language: English

ASIN: B01CODRIXW

Best Sellers Rank: #71 in Books > Science & Math > Earth Sciences > Geology > Limnology
#847 in Books > Audible Audiobooks > Nonfiction > Education #2031 in Books > Education & Teaching > Studying & Workbooks > Study Skills

Customer Reviews

Jane nails this one. Repetition, visualization, organization, backtracking , cues, dissection and grouping are all techniques discussed in this short, but to the point book. Improving your focus, mental acuity, and overall memory is achievable, it just takes a little bit of effort and the right techniques. The techniques that will work best will vary by person, so knowing and understanding

all of these techniques and how to use them will help you try and test out which ones work best for you individually. I would recommend this concise read to help you improve your focus and memory.

Good book if you face memory problems! I am using those techniques and until now my memory is overclocked! I feel such i was not working before that! I would reccomend it to read especialy if you forget things!

Boosting your mental focus is one of my greatest failures. I am always inattentive, short attention span and low focus. With the book's comprehensive but basic approach, I somewhat improved this characteristics. It is easy to follow the concepts and apply it to your own lifestyle.

This book is really helpful to avoid memory gap. The steps and strategies to boost your memory and strengthening your ability to remember this are great. Very informative and very detail. Awesome book to read. Highly recommended specially to those who's sometimes forgetful!

This book was such an easy read. I love kindle books like this that teach me a lot for a great price. What drew me to this book was the fact that it wasn't just information about memory but that it actually included exercises. I actually did the exercises. They were fun and really think the worked. I'm happy I bought this book and it really delivered in terms of value for money and I'll be reading it again in the future!

A good book to read. I, myself am a forgetful person and i hope by understanding this key strategies my memory can be boosted. This book mentions about how important is a good health for the necessity of a good memory. It also tells us how repetition, organization and Visualization can help in improving memory. This short book is recommended for anyone especially if they are busy. They can just spend half an hour a day going through this and I guarentee they will benefit.

The book is simple and informative and aims to guide readers through the process of sharpening the mind by giving explanations to the various techniques discussed. The content is fairly easy to learn yet effective as was described in the title.

[Download to continue reading...](#)

Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory,

brain training) Boost Your Memory with Easy Exercises - Improve Your Mental Focus in Everyday Life Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Exercises for the Brain and Memory : 70 Neurobic Exercises & FUN Puzzles to Increase Mental Fitness & Boost Your Brain Juice Today (With Crossword Puzzles) Exercise For The Brain: 70 Neurobic Exercises To Increase Mental Fitness & Prevent Memory Loss: How Non Routine Actions And Thoughts Improve Mental Health The Brain Health & Better Memory Book: Improve Focus, Memory Recall, and Prevent Dementia Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) 7 BOOKS ON MENTAL POWER AND THOUGHT FORCE. THOUGHT-FORCE IN BUSINESS AND EVERYDAY LIFE; MEMORY CULTURE; DYNAMIC THOUGHT; THOUGHT VIBRATION; MENTAL POWER; ... OF LESSONS (Timeless Wisdom Collection) Quantum Memory: Learn to Improve Your Memory with The World Memory Champion! BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Memory: Mastermind - Supercharge Your Memory & Unleash The Power Of Your Mind To Maximize Productivity, Focus & Intelligence Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Speed Reading: 7 Simple and Effective Speed Reading Techniques That Will Significantly Reduce Your Reading Time (Speed Reading Techniques, Read Faster, ... Focus, Memory Recall, Improve Productivity) 52 Small Changes for the Mind: Improve Memory * Minimize Stress * Increase Productivity * Boost Happiness Focus: The Practical Guide to Improving Your Mental Concentration, Killing Procrastination and Increasing Productivity (The ultimate guide to mental concentration, influence, time management) Evernote for your Life | A Practical Guide for the Use of Evernote in Your Everyday Life [2014 Edition]: A Practical Guide for the Use of Evernote in Your Everyday Life The Memory Workbook: Breakthrough Techniques to Exercise Your Brain and Improve Your Memory