



Improve Your Memory: Proven Techniques to Maximize Your Brain Power Immediately

Gary Small

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How would you like to remember the names of every person you meet? To recall phone numbers and appointments easily? And to keep those powers for a lifetime? Dr. Gary Small, director of the UCLA Memory Aging Research Center, teaches you how to dramatically enhance your memory capacity in just 72 minutes. *Improve Your Memory* offers you powerful tools to boost your brain power, including nutritional advice, mental aerobics, and a powerful technique for remembering names, faces, and anything else better.



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