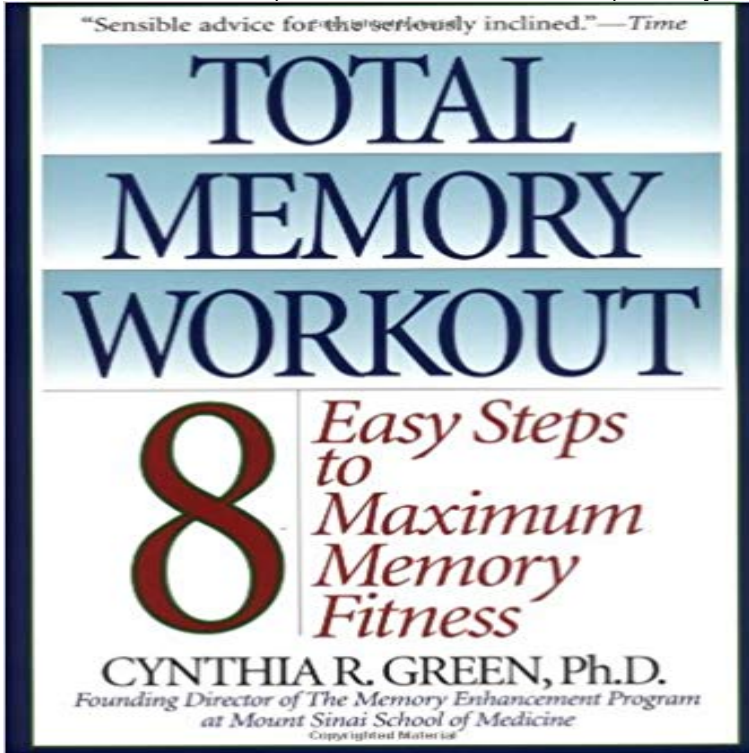


Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness



How to remember what you dont want to forget. Frustrated by your forgetfulness? Dont be. Memory lapses arent necessarily a sign of age -- more often they are a sign of the times, as were all inundated with important information to remember, from PINs and cell phone numbers to childrens schedules and crucial business facts. Dr. Cynthia Green, founding director of The Memory Enhancement Program at Mount Sinai School of Medicine, shows you how to make the most of your memory, sharing her powerful yet practical eight-step program for improving your recall. Do you sometimes enter a room and forget what you went there for?-- page 29 Do you find yourself struggling to remember details from an important meeting?-- page 110 Are you constantly misplacing your keys or glasses?-- page 113 Do you find it impossible to remember directions, phone numbers, or computer passwords without writing them down? - page 136 Do the names of people youve just been introduced to slip your mind? - page 193

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