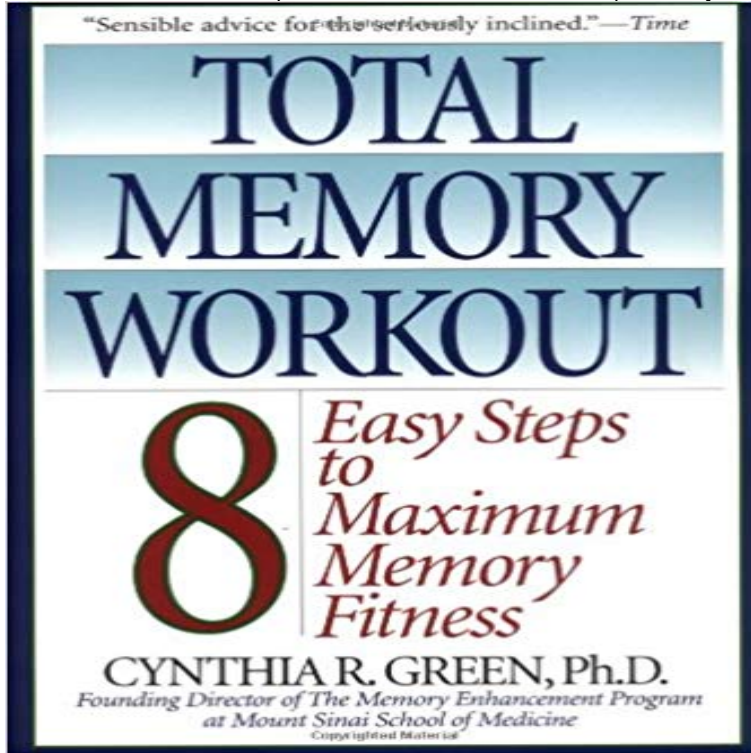


Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness



How to remember what you don't want to forget. Frustrated by your forgetfulness? Don't be. Memory lapses aren't necessarily a sign of age -- more often they are a sign of the times, as we're all inundated with important information to remember, from PINs and cell phone numbers to children's 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 you've just been introduced to slip your mind?-- page 193

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