

"Sensible advice for the seriously inclined."—*Time*

TOTAL MEMORY WORKOUT



*Easy Steps
to
Maximum
Memory
Fitness*

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Cynthia R. Green

Total Memory Workout: 8 Easy Steps to Maximum Memory Fitness



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How to remember everything you don't desire to forget. Annoyed by your forgetfulness?-- page 113 Do you find it impossible to remember directions, phone numbers, or pc passwords without writing them down? Cynthia Green, founding director of The Memory space Enhancement Plan at Mount Sinai School of Medicine, shows you how to make the the majority of your memory space, sharing her powerful however practical eight-step plan for enhancing your recall. Dr. Storage lapses aren't necessarily an indicator of age -- more regularly they are a indication of the changing times, as we are all inundated with important info to keep in mind, from PINs and cell phone numbers to children's schedules and essential business facts.-- page 29 Do you find yourself struggling to keep in mind details from an important meeting? Do you occasionally enter a room and forget what you went there for?-- page 110 Are you constantly misplacing your keys or glasses? Don't be.- - page 136 Do the names of people you've simply been introduced to slide your mind?- - page 193



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Overall very good, however, not a lot of new information. This book was very well organized and contained the right ideas. However, for me personally at least, the publication didn't contain much new info. It had been recommended by his doctor I bought this for my hubby who has been diagnosed with dementia. I also know that we often forget points because we are not paying attention. My short-term memory is significantly better. Nonetheless it does have a lot of good suggestions on how best to improve your memory.. Good read Great book Five Stars Useful advice for strengthening memory. I would recommend it to everyone, whether you now have a memory issue or not. Best book on memory I have browse a # of books on Memory space, and would rate that one at the top to the list. I needed a quickly access all the material for the reason that vast human brain of mine. Of course its insufficient focus somewhat. Five Stars This book was very helpful Want briefer more precise advice OK but awfully wordy. Excelent Book and Service Funny thing concerning this book. But Integrity was necessary. The line spacing upon this book is rather generous also therefore there's really less here than the amount of pages listed would seem to indicate. He today can remember the purchase price, sku and product name of almost 2,000 products.Love alway's, Nancy. The quality was as described The product quality was as referred to and i received it quickly. However, I've not had period to try out any of its tips. I already know that memory and focus depend on: getting more than enough rest, taking in well, and remaining healthy, etc. It was recommended by his doctor. I'm with others that understand it works in improving everyday life. And since that is a book on storage . My memory book It was fun exercises. No, pressure involved. It is a great publication to read however when I established it down and change to go take action else I wind up forgetting where I place the publication when I opt to go back to go through it. It gives practical, useful suggestions on how to deal with memory complications. As the book says drugs and conditions effect your thinking process (as I do consider for a medical condition). I learned a couple of things by reading this book but not many. Adolescent feller I required under my wings (most of 20 yr) couldn't remember anything (his terms and I can contest). Its about applying the exercises to something. I function in Investors Joe's and the process of trying to keep in mind 2,000 items, client names, product sku's and recipes can be challenging. Long term is usually amazing using picker memory. It gives excellent illustrations of how to improve storage, and good ways to assess how you are progressing. Well after reading and applying what he learned.Thanks so much for your your providers. He didn't even browse the first chapter. I acquired this book? Seriously, did I buy this reserve because I don't remember doing this. It is as effective as it is normally, but only if you read it . It really is still among the better books on the subject and worth the 4 stars I am providing it.. well, the proof is certainly in the pudding.



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