



Improving Your Memory for Dummies

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So you want to improve your memory. Good! You've come to the right place. Your memory can be the key to success and enjoyment on the one hand or the key to mistakes and concern on the other hand. Practically all of us have first-hand experience on both hands. Improving your memory is a worthwhile activity no matter how old you are, from high school student studying for exams to carefree retiree making new acquaintances. Wherever you are, whatever you're doing, you can improve your memory, and I can show you how.

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