



# Maximising Your Memory: How to Train Yourself to Remember More

*Peter Marshall*

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## **Maximising Your Memory: How to Train Yourself to Remember More** Peter Marshall

Unlocking the power of your memory brings real advantages in educational, career and social terms, yet the majority of people under use their memory because they don't realize what can be achieved. In this lively and practical book, memory expert Peter Marshall clearly explains how to maximize your memory in order to achieve your academic, professional and social goals.

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