



# **Brain Training: 32 Underused Techniques to Improve Memory and Critical Thinking with Brain Training (Improve your memory) (Volume 1)**

*Mr Andrew Williams*

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## **Brain training**

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**So how do you unleash your memory?**

It couldn't be easier with this new volume of underused memory techniques. In this book, you'll discover 32 of the most effective, little known secrets for sharpening your memory, boosting your recall and creating the memory and life you've always dreamed of.

**Dig into 9 techniques that require only a slight change in your lifestyle.**

Already used by many individuals with seemingly flawless memories, you too can learn the small tweaks that yield amazingly large results in your recall. Even if you only choose one of these, you'll realize a noticeable increase in your ability to remember.

**Discover the 13 small tweaks in your diet that will affect your memory.**

From super memory foods to natural dietary supplements and more, you'll see how what you're eating – or not eating – can work to improve your memory. These are easy and the best part is you can start using any of these RIGHT NOW!

**Embrace the 10 little known ways you can change your environment**

Imagine enacting even one of these and experiencing the affects of better recall. Start making changes today and before you know it you'll have an efficient memory that will be the envy of your colleagues, friends and family.

**Download this book right now and you'll be well on your way to turbocharging your memory – effortlessly and quickly.**

**TAGS: Improve Your Memory, Memory Improvement, Study skills, Brain training, learning, critical thinking, speed reading**

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