



Improve Your Memory

Ron Fry

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Improve Your Memory, fifth edition, helps you learn the essential principles of memory to increase your ability to retain what you read, perform better on tests, or just remember where you last placed your car keys. This book is targeted towards high school students, college students, or anyone seeking to improve his or her memory power. This edition helps you understand the different kinds of memory and presents the latest techniques and the proven formulas that can boost your memory power. By providing a chapter quiz, you can test your memory and identify areas that require the most improvement.

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