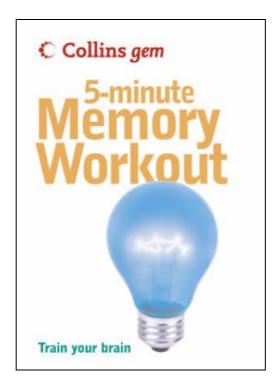
# **5-Minute Memory Workout**



Filesize: 4.53 MB

# Reviews

It in a of my personal favorite book. This is certainly for anyone who statte there had not been a worth studying. I found out this ebook from my i and dad advised this pdf to learn.

(Delphine Lebsack)

# 5-MINUTE MEMORY WORKOUT



Paperback. Book Condition: New. Not Signed; A pocket-size guide featuring 5-minute techniques and ideas for improving your memory skills. Train your brain to work more efficiently and keep your mental agility at its peak with a bite-size exercise every day. These days, it is rare for people to use their memories. Computers, emails and mobile phones ensure that instant information is at our fingertips and that we never again have to rely on our memories. However, there is evidence to show that the less you use your memory, the more it deteriorates as you age. Your mental health should be as important to you as your physical health. In just five minutes a day, this pick-up guide gives you instant access to quick-fix exercises to improve your mind. Whether you are revising for exams or wanting to stave off memory-loss in later life, a test a day could make all the difference to your mental agility. The introductory section of the book explains how the brain works and the importance of adopting a 'use it or lose it' mentality, with general advice on what can be done every day to help your brain stay in shape. A practical, workbook style selection of specific, targeted 'brain trainer' exercises follows to improve the reader's ability to remember and memorize all kinds of information, including names and faces, long numbers, lists etc. With interesting tips and facts throughout, Gem 5-Minute Memory Workout is the perfect way to test yourself to a more active and efficient memory, whatever your age. book.



Read 5-Minute Memory Workout Online Download PDF 5-Minute Memory Workout

# Other eBooks



# You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the...

Read eBook »



# Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

Read eBook »



# It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating...

Read eBook »



# Leave It to Me (Ballantine Reader's Circle)

Ballantine Books. PAPERBACK. Book Condition: New. 0449003965 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST...

Read eBook »



# Joey Green's Rainy Day Magic: 1258 Fun, Simple Projects to Do with Kids Using Brand-name Products

Fair Winds Press, 2006. Paperback. Book Condition: New. Brand new books and maps available immediately from a reputable and well rated UK bookseller - not sent from the USA; despatched promptly and reliably worldwide by...

Read eBook »