



## 5-Minute Memory Workout (Collins Gem)

*Sean Callery*

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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.

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