



The Complete Idiot's Guide to Improving Your Memory

Michael Kurland

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You're no idiot, of course. You know when it's payday, Christmas, and your own birthday without even checking a calendar. But when it comes to remembering where you've put the car keys you feel like your little gray cells have left the building. Don't draw a blank just yet! The Complete Idiot's Guide to Improving Your Memory is packed with practical techniques that can help you create a regimen for sharpening your memory. In this Complete Idiot's Guide, you get:



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