



# Improve Your Memory: Sharpen Your Mind

*John Rockford*

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## **Improve Your Memory: Sharpen Your Mind** John Rockford

Are you always forgetting where you left things? Have trouble remembering names of places? Get friends and families names muddled? Can't remember what you did yesterday? Then this book is for YOU. These are all great examples of memory loss, there are so many more incidents like this which happen in everyday life. Is it starting to frustrate you? Make you angry? Even ruin your reputation. Don't worry, it's happening to many of us, and there are lots of ways in which you can improve your memory dramatically. In this book I show you many techniques which you can try out for yourself right away which will start you off on your journey to improving your memory. I discuss and educate you about, - Stress, and how this has a huge impact on your mind - Diet, and how eating properly affects your brain - Exercise your brain, techniques you can use to strengthen muscles in the brain. Also how modern technology can play a part - Physical exercise, and how this has a positive affect on the brain - Meditation techniques - Supplements and medication you can use It's never too late to start, do something about it, for such a small price you can improve your memory in a fun enjoyable way and be the person you used to be.

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