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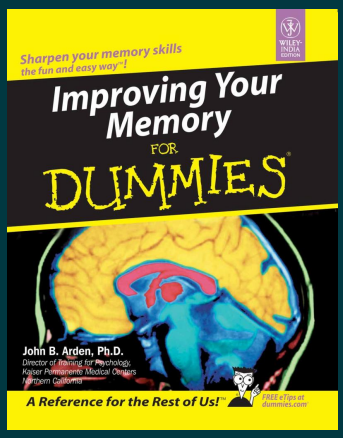

Improving your Memory for Dummies

By John B. Arden

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Description

Whether you are cramming for an exam, have trouble remembering names, or you just want to give your overall memory power a boost, this plain-English guide offers clever tricks to help you remember what you want to remember. You'll discover how your memory works and how to enhance it in all types of situations.

About the Author

John B. Arden

John Arden is a psychologist who oversees twenty training programs in as many medical centers. He has worked in the mental health and education systems for twenty-eight years and is the author of four other books

Table of Contents

Introduction

Part I: Understanding Memory

· Cultivating Your Memory Skills

· Tossing Out Those Memory Myths

· Discovering How Your Brain Remembers

Part II Establishing Memory Power

· Eating To Remember

· Supplementing Your Memory

· Avoiding the Memory Suppressors

· Balancing Your Mind for Memories

Part III Preserving Your Memory

· Tricking Yourself into Remembering

· Troubleshooting Your Forgetfulness

· Keeping Your Memory Sharp as You Grow Older

Part IV Exercising Your Memory Every Day

· Schooling Memory

· Taking a Powerhouse Memory to Work

· Acing Exams

· Remembering People

· Taking Stock of Important Dates and Strings of Numbers

· Keeping Your Memory Intact in a High-Speed World

Part V The Part of Tens

· Ten Best Ways to Improve Your Memory

· Ten Frequently Asked Questions About Memory

· Ten Memory Web Sites

Index

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