



Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50

Harry Lorayne

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The world's foremost memory expert -- and mega-bestselling author -- proves that memory CAN get better with age!

Diet and exercise are great, but what good is a healthy body if you don't have the mental capabilities to go with it? Harry Lorayne, who is now 83 years old, has been honing and teaching his foolproof system for sharpening the mind, improving concentration, and attaining a truly "superpower" memory for more than 40 years. Ageless Memory is the culmination of this memory expert's life's work. Specifically geared to our needs as we age, his unique memory system can be put into practice immediately -- for a better memory the very same day you open the book and start to read! Completely practical and easy to use, readers learn to:

- Recall names and faces, even years later
- Never miss an appointment or misplace keys, glasses, valuables, etc.
- Give speeches without notes and learn foreign words and phrases easily
- Memorize long lists of items, quotations, long numbers, Bible verses, and all kinds of facts and figures
- Excel at cards and other games
- Regain (or maintain!) the confidence that comes with having a sharp, active mind.

It's not necessary to accept poor or waning memory or "senior moments" as inevitable results of growing older? and Harry Lorayne proves it in *Ageless Memory*!

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Louie Laforge:

In this 21st one hundred year, people become competitive in every single way. By being competitive at this point, people have to do something to make these individuals survive, being in the middle of the actual crowded place and notice by surrounding. One thing that at times many people have underestimated the item for a while is reading. Yes, by reading a publication your ability to survive increases then having a chance to stay that is high. For yourself who want to start reading a new book, we give you this specific Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 book as a starter and daily reading e-book. Why, because this book is greater than just a book.

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Miranda Durkee:

A lot of people always spend all their free time to vacation or maybe go to the outside with their loved ones or their friend. Do you know? Many a lot of people spend their free time just watching TV, as well as playing video games all day long. If you would like to try to find a new activity that is look different you can read a book. It is really fun for yourself. If you enjoy the book which you read you can spend 24 hours a day to reading a publication. The book Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 it is quite good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. When you did not have enough space to bring this book you can buy the e-book. You can more simply to read this book through your smart phone. The price is not very costly but this book offers high quality.

Harold Young:

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