



How to Improve Your Memory (Paperback)

By Christina Ross

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Sometimes it seems that no matter what we do to try to jog our memories, they betray us at the worst possible moments. How many times have you had the exact word you needed on the tip of your tongue only to have it tease and evade your memory? Who hasn't written a list to remember and then forgotten the list! Or perhaps you asked someone to help you remember and they forgot. Maybe you hid something from yourself in a special place you were sure to recall and spent weeks searching for the item because you forgot where you hid it. How many Easter eggs have been hidden, only to rot several days later because the person who hid the eggs forgot where they put them? What about that person you spent weeks secretly adoring, finally got the perfect chance to make their acquaintance, and then suffered a mental freeze? A well-rounded diet can benefit in many ways, and often the benefits to memory function are overlooked. Using herbs to improve memory have long been practiced not only by those...

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