



# Improving Your Memory For Dummies

By John B. Arden

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## Improving Your Memory For Dummies By John B. Arden

Practical tips and techniques make remembering a snap

Jog your memory with exercises to help you at home, at work, anywhere!

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.

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- \* Explanations in plain English
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About the Author

**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

### Users Review

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