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The Memory Workbook: Teach Yourself

By Mark Channon

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, The Memory Workbook: Teach Yourself, Mark Channon, - Understand the core strategies for an effective memory and explore the real-life benefits - Make the most of your social network with an improved memory for names, faces and personal facts - Get smarter with numbers and increase your capacity to remember important facts and figures - Be more confident with words, grow your vocabulary and remember quotes and key technical terms - Improve your memory for learning a new language, music and lyrics, or dance steps Do you want a better memory for directions, names and your shopping list? Do you want to increase your performance at work with an improved memory for facts and figures, better organisational skills and impressive presentations? Do you want to avoid frustration and decrease anxiety with a memory you can rely on? This new Teach Yourself Workbook accompanies you every step of the way, with diagnostic tools, goalsetting charts, practical exercises, and many more features ideal for people who want a more active style of learning. Specially created exercises will boost your memory to make you sharper and smarter in all areas of life....



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