



## How to Improve Your Memory and Keep That Memory Door Open: From Memory Foods and Supplements to Memory Exercises and Apps

By James Renelli

Createspace, United States, 2011. Paperback. Book Condition: New. 198 x 124 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How To Improve Your Memory And Keep That Memory Door Open From Memory Foods and Supplements to Memory Exercises and Apps Brought to you by: James Renelli In this new book you will find how to improve your memory. Improving your memory, in the most basic form, means decreasing what you forget. Studies have shown that people who constantly forget where they parked their car to appointments and due dates, experience higher levels of stress. Conversely, when you begin to remember more, your stress levels decrease exponentially. And here s some great news: Lowering your stress levels actually increases your memory even more! By removing the fear of forgetting, your stress levels decrease, upping the likelihood that you ll remember what you need to. In other words, increasing your memory is a cyclical process to, well, increasing your memory. Other benefits of lower stress: Your cortisol levels drop, bringing a ton of great health benefits from weight loss to better sleep. How To Improve Your Memory Using These Methods When you work actively to improve your memory, you...



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