

Maximising Your Memory How To Train Yourself To Remember More 3rd Jaico Impression

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The brain is often likened to a muscle, the suggestion being that if you exercise it, its function will improve. A bodybuilder can strengthen his biceps by repeatedly lifting weights and so, the...

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To recap, the 15 techniques to improve memory are: Writing things down Chunking Using acronyms Silly sentences Spacing out your learning Testing yourself Teaching someone else Repeating things out loud Asking why Lots of practice Telling stories Capturing attention Reading books Getting enough sleep ...

15 Ways to Maximise Memory - Release Your Inner Drive

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A walk in the neighborhood to get your heart rate up will suffice. Studies show that adults who exercise regularly see a slower decline in their memory and cognitive function. If you are someone who struggles with spatial memory, studies show that exercise helps that area of the brain the most. Sleep

5 Ways To Maximize Your Memory | Iris Reading

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