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Maximising Your Memory How To
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

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How to maximise your memory | Life and style | The Guardian
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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show that exercise helps that area of the brain the most.
Sleep

5 Ways To Maximize Your Memory | Iris Reading

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A powerful memory brings obvious advantages in educational, career and social terms. At school and college those certificates that provide a passport to a career depend heavily on what you can remember in the exam room. In the world of work, being able to recall details which slip the minds of colleagues will give you a competitive edge. In addition, one of the secrets of being popular with ...

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