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Easy Exercises for a Better Memory

- Sharpen your recall
- Increase your concentration
- Organize your thoughts
- Improve your memory throughout life

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About the Author

Since 1979 Danielle C. Lapp has been a member of the memory research team in the Psychiatry and Behavioral Sciences Department at Stanford University. A native of France, she attended the Universities of Strasbourg, Nice, and Paris Sorbonne. She leads memory-training courses based on the techniques in Don't Forget!

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Human memory starts to decline at age 16, and can drop 30 percent by the time we reach 70. Fortunately, by keeping our minds active as we grow older, we can develop a superior ability to organize facts, making them easier to recall. That is the basis for the well-known memory-training techniques developed at Stanford University. Don't Forget! collects more than 100 fun exercises proven to help people develop a sharper, longer memory. They focus on real concerns and everyday tasks: matching names to faces, remembering directions, learning new skills. This edition even includes a new chapter on how to help children develop their memories, from infancy through high school.

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