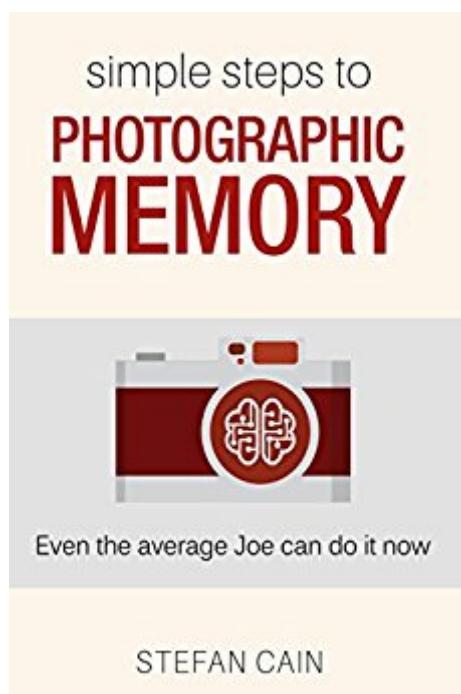


The book was found

Simple Steps To Photographic Memory: Even The Average Joe Can Do It Now



Synopsis

Do you want to double your productivity? Do you want to give a powerful business presentation without reading from index cards like a neophyte? Your mind and memory are extremely powerful and more pliable than you think! Is an exam is coming up and you really covet getting top grades, but you feel your memory lacks the focus and concentration necessary to pull that off? Or, perhaps you are frustrated when you leave the house, and forget half of the chores you lined up for the trip. This book is replete with exercises, memory tricks, and memory aids that will make you proud and amaze your teachers and friends! It is also extremely effective for those who are getting older, and fear memory loss. Many seniors have successfully utilized these techniques to stay sharp and alert. This publication will be your mainstay to mastering all those robust memory functions that are part of who you are and who you want to become!

Book Information

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Customer Reviews

Simple Steps to Photographic Memory does what it says it does going to do.

It does like a self-help book to get your memory working again, or working better.

There are exercises and things you can do in the book to test your memory. There are also ways

to improve your memory that actually work. It's a fairly quick read and you can get through it in quite a short time and because of the way it's written you can also reread chapters on their own. Do the tests and don't cheat. You'll be amazed at what you can actually remember when you try. Another excellent book by Stefan.

Simple Steps to Photographic Memory: Even the average Joe can do it now! I would happily recommend this book to anyone looking for ways to improve their memory. What was nice to see is that I'm already using some of the concepts for remembering things without even knowing it was an actual technique. According to this book "even the average Joe can do it now" and I think you can, if you're prepared to put in some work and carry on with the exercises, like you would do if you were training any part of your body. There's a theme that runs throughout the book and for me it was that we can't just sit around and wait for things to happen; we've got to do that. From the way you think about yourself, to what you eat, to your sleep patterns and a whole lot more. If you want to improve your memory, just for every day, for your job or because you're studying then buy this book. The writing is easy to understand and I found myself nodding my head in agreement with some of the information. Definitely worth it!

Once in a while there is a book that really will set your brain in motion. This is one of those books. Do the exercises in the book regularly and you will enjoy the benefits of a better memory.

At first I was a little skeptical of the advice that this book would give. I generally try to stay away from self help books since I know that they are not based in actual research findings. However, I have to say this book is definitely different. I am currently studying psychology and this book was a nice refresher on things that I have learned. It gives plenty of proven ways to boost memory and tips to help you out. I would definitely recommend this to anyone who is looking for some help with remembering things better.

Quick read, basic information, but very helpful if the exercises are completed. I have read the book, played with a couple exercises, but plan to revisit each chapter to faithfully complete exercises which I believe are key to getting the full value of this text.

nice read

With so many distractions in the world, cell phones, computers, social media, I found myself becoming more forgetful and unable to focus. This book helped me train my brain and become more cognitively inclined. Definitely a good read!

I spend a lot of time working with companies doing workshops with their staff. Some of the workshops include ways to retrain their brains and I have found this book to be a huge help. It's well-written and there isn't any jargon, which I liked. Staff leave feeling empowered and the feedback from the HR people is always good, with them saying they have seen an overall improvement in staff morale, and memory. Will benefit those who work with corporate and professionals.

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