



# A Step-by-Step Guide to a Smarter Memory

*Neerja Roy Chowdhury*

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## **A Step-by-Step Guide to a Smarter Memory** Neerja Roy Chowdhury

A complete memory training program, this book is a step-by-step guide to improve your memory and harness the hidden potential of your brain. This book, written by the Guinness Book of World Records holder Neerja Roy Chowdhury, comes with certified memory techniques and a Secret Memory Formula that will help readers discover the simplicity of the otherwise vastly complex human memory system. This book will show you how to: \* Memorize a dictionary \* Never forget any appointment \* Recall every formula correctly \* Remember shopping lists, birthdays and anniversaries \* Overcome absent-mindedness \* Achieve career goals through memory techniques \* Secure better marks in every exam

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