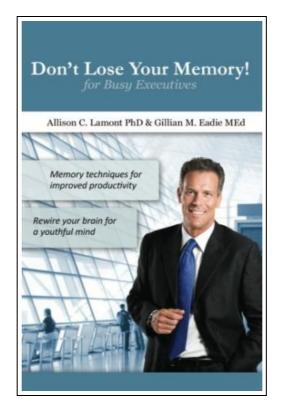
Don t Lose Your Memory! for Busy Executives: Memory Techniques for Improved Productivity.



Filesize: 5.89 MB

Reviews

Merely no words to spell out. I am quite late in start reading this one, but better then never. I am happy to explain how this is actually the very best publication we have go through within my personal daily life and can be he best ebook for at any time. (Althea Christiansen)

DON T LOSE YOUR MEMORY! FOR BUSY EXECUTIVES: MEMORY TECHNIQUES FOR IMPROVED PRODUCTIVITY.



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Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand ******. Busy executives have many competing demands on their cognitive abilities. Mid-career, occasional memory lapses can be worrying and detrimental to the professional image needed in business. Don t Lose Your Memory! based on the research findings of Dr. Allison Lamont, provides easily accessible strategies and memory techniques for maintaining optimum productivity well into older age. Advances in knowledge of neuroplasticity reveal that new brain connections can be developed at any age. This reassuring news makes the few minutes a day of self-investment imperative for mature executives. This exciting new handbook will show how this can be achieved. Read what others say about Don t Lose Your Memory! This is a very practical easy-read for the busy executive. It gives practical tips on how you can remember names, faces and events, and how you can train your brain to remain in peak memory throughout your life. Tony Falkenstein ONZM Chief Executive Just Water International Limited This book helps you care for your mind as well as your body in a dynamic and ever-changing world. It is a life-changing book which is well-researched with practical advice for eating well, brain exercises, and attitudes which, if followed, enhance the pleasures that accompany a healthy lifestyle. The book refers to documented studies and includes entertaining and motivational medical allegories that explain what we can and should do for our health. This primer is a must-read for everyone who wants to live an active life past 50. The book is direct and an easy read. It addresses and provides answers to issues that confront all of us every day of our lives. It should be read before your 50th birthday, and picked...

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