



Perfect Memory Training

Fiona McPherson

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Perfect Memory Training is essential reading for anyone who wants to strengthen their powers of recall. Written by Dr Fiona McPherson, a psychologist with years of experience in the field, it explains how memories are created and stored, sets out a range of techniques to help you improve these processes, and provides exercises to help you track your progress. Whether you want to get better at remembering names, faces, lists or pieces of general knowledge, *Perfect Memory Training* has everything you need to boost your mental ability.

The Perfect series is a range of practical guides that give clear and straightforward advice on everything from getting your first job to choosing your baby's name. Written by experienced authors offering tried-and-tested tips, each book contains all you need to get it right first time.

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