



# **The Only Memory Improvement Book You'll Ever Need: The Brain Games, Puzzles, and Know-How You Need to Keep Your Mind Sharp**

*Charles Timmerman*

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## **The workout every brain needs!**

Studies show we only use a small percentage of our brain, but this interactive book helps you unlock its full potential. Inside, you'll find more than 250 fun memory puzzles that help you stimulate your mind and increase your mental fitness. From simple word exercises to more complex challenges, each memory game tests your brain as you race against the clock to figure out a solution. Broken down into fifteen quick chapters, this book also helps you record your results and track your progress along the way.

Complete with information on the brain and practical tips for keeping it healthy, *The Only Memory Improvement Book You'll Ever Need* helps you boost your brainpower, improve concentration, and prevent future loss of memory.

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