



# How to Remember Anything: A Teach Yourself Guide (Teach Yourself: General Reference)

*Mark Channon*

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**What *could* you do if you could remember anything?**

*How to Remember Anything* shows how a radically improved memory can add real value in life and in business and can help build one's career and personal life. It is full of practical techniques that will not just show you how to remember things such as numbers, dates and facts, but also real and innovative insight into new ways of learning and processing information that could completely change your life!

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