



# The Memory Booster Workout: How to Unlock Your Mind's Potential

*M.D. Jo Liddon, M.D. Huw Williams*

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Time is a valuable commodity, but time is lost when we don't maximize our memory to the fullest. This workbook offers straightforward, scientifically tested strategies for getting the most out of our memory. Testing exercises can be used to check progress, and tips are offered on how to get the most out of our memory. Memory Booster Workout improves memory not only in test situations, but most importantly, in everyday life.

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