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Watkins Publishing. Paperback. Book Condition: New. Paperback. 192 pages. Few would disagree that improving our memories can enrich our lives in countless little ways - from ensuring that we remember birthdays, anniversaries and appointments to having impressive facts and figures always at our fingertips; and from recalling names and faces to being able to speak in public without notes. This book is an expert course in memory enhancement, organized in 52 key lessons, complete with self-testing. Dominic OBrien offers us...

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- Authored by Dominic OBrien
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This publication may be really worth a go through, and a lot better than other. It really is full of knowledge and wisdom its been printed in an exceptionally easy way in fact it is simply after i finished reading this publication by which basically modified me, affect the way i really believe. -- Troy Dietrich DDS

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