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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Very Essential Conditions To A Super Sharp Memory

By Rene Graeber

Do you constantly misplace significant things such as your car keys?

Do you often forget important dates like birthdays and anniversaries, thereby negatively affecting your relationships with loved ones?

If so, don't panic.

Many people are experiencing memory problems, regardless of age, sex, or stature. So don't think only aging people can experience forgetfulness, because everyone can encounter memory loss from time to time.

If you want to have a sharper memory, you will find these conditions indispensable:

1) You must be able to focus well and be attentive. If you get distracted easily by things around you, then it will take you longer to memorize and remember things. Try to find a quiet room and concentrate on what you are reading, learning, or observing.

2) You must be interested in what you want to remember or memorize. Let's say you love to study Psychology more than any other subjects in the world.

Do you think you would remember your lessons in Psychology more than your studies in Math, Literature, and other subjects?

You bet. By becoming more interested in the subject matter, you are also giving more attention to it; thereby this increases your chances of retrieving it from your memory anytime you wish.

3) You must have the imagination of a child. Be creative. Many memory techniques require the practitioner to think of the most outrageous and exaggerated images/pictures in order to remember certain facts or information.

The funnier and more out-of-this-world the images, the better chances you will retain data in your mind.

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4) You must have a healthy lifestyle. Eat less fat and consume more foods rich in vitamins and minerals (especially beta-carotene), drink plenty of water, get enough sleep, engage in cardiovascular exercises, relax and be happy always.

By doing these, your mind will benefit as much as your body.

Memory is like a muscle - the more it is used, the better it gets; and the more it is neglected, the worse it gets. How to easily remember names, faces, numbers, events, and almost any information – using simple yet powerful techniques even a 12-year old can apply! Just visit:

<http://www.mind-memory-improvement.info>

The Need For A Sharp Memory

By Rene Graeber

In a way, success and a sharp memory go together like a horse and carriage or hamburger and fries.

Just imagine how inconvenient or embarrassing it would be to be absent-minded or just plainly, to have a dull memory. Think of the benefits a sharp memory will bring to you by considering the following:

- Visualize how impressed your associates, clients, co-workers, or your manager will be if you can commit to memory loads of names, figures, dates, and addresses (to mention a few), without the aid of paper or any devices that will make you recall such information. Not only will they be amazed, they will think that you are one step ahead of them when it comes to memory recall.
- In social gatherings, the sound of one's name is music to one's ears. And if you can accurately remember names of other people (even those you hardly know personally), you will attract interest and attention from them.
- Being alert as a result of having a sharp memory earns respect from others. It is infectious in a way, because being alert makes other people alert too.
- When you have a good memory, people will look at you as somebody whom they can rely on. If you're branded as somebody who is forgetful, they will treat you as if you didn't exist.
- When you have a sharp memory, you are a time saver. If you spend most of your time cramming on things you can't find because you forget where you put them, the day would just end without actually getting anything done.
- With a sharp memory, you can comprehend things more easily and quickly. You don't need to spend more time consuming repetition of instructions or what has just been said.

You may ask, "Just how is it possible to have a sharp memory?" Although the subject of our discussion

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is mainly on the benefits that can be obtained as a result of having a sharp memory, a brief discussion on how to attain this follows.

Just like the physical body, the brain's memory cells also require periodic exercises. You need to think positive, be creative, imaginative, and active at all times. Even not so important things can help to keep your memory in prime condition, just like physical exercise. Processing information in the brain keeps the memory sharp.

A proper diet is another important factor. What is food for the body is also food for the brain, in turn enhancing or sharpening the memory. It means intake of nutritious foods and avoiding junk foods. The Food Pyramid Guide for proper selection of food groups is a good source of information.

Read books, lots of them. Read to comprehend and discover new vocabularies. This stimulates the mind to store new information. Keep your interest to learn in a high level. This is possible if your mind is preoccupied with working and thinking about something you like to do. Not only do you get to have an improved memory, you also get to be a wiser individual.

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