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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 O'Brien offers us...

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- Authored by Dominic O'Brien
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