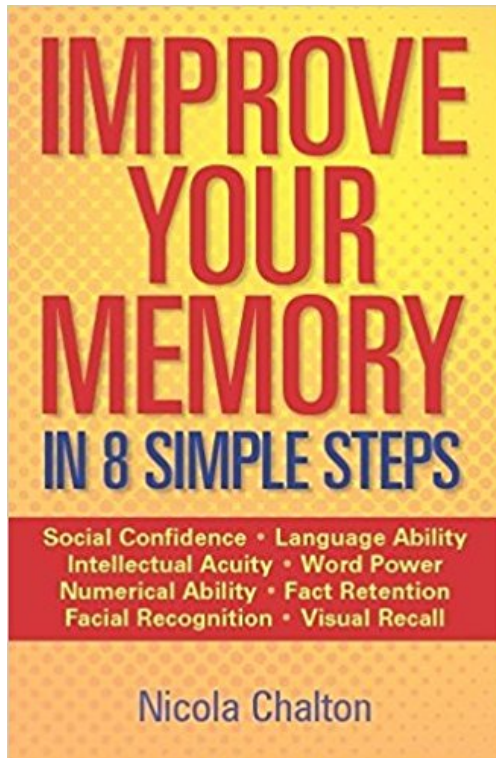


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Nicola Chalton doc



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A good memory is a powerful asset, both in business and in day-to-day-life. It doesnt matter whether youre trying to remember the names of people whom youve met socially or important information about a particular client - getting it right is of inestimable benefit, getting it wrong can be embarrassing. Following the techniques in this book, youll be able to improve your social/adaptive memory (for names and faces), visual-spatial memory, working memory (essential for bridge and poker players) and factual, numerical and verbal memories. The book begins with a preliminary test to assess your current levels of memory functioning followed by a discussion of the mental processes involved in the storage and retrieval of short-term and long-term memories. Youll find an introduction to memory training and straight-forward instruction in basic but effective techniques for improvement. The tests that follow are increasingly challenging and designed to boost your memory power.