



# Supercharge Your Memory!: More than 100 Exercises to Energize Your Mind

*Corinne L. Gediman, Francis M. Crinella Ph.D.*

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When they're done with this well-illustrated exercise- and test-filled guide, readers will say, *Thanks for the memories!* That's because they'll enjoy super-charged recall beyond their imaginings. And that's crucial, because as we live longer, we also need our brains to function longer. But it's important to start preserving your memory right *now*—not try to regain it as the years go by. That's where these fast-paced and fun mind workouts come in: They offset memory decline and literally build a better brain by creating new pathways and cells and training it to become more efficient and reliable. Entertaining yet powerful lessons focus on literally lighting up the portion of the brain associated with episodic, or long-term, memories. You'll see how to pinpoint your best learning style (visual, auditory, or kinesthetic) so you can choose the most effective techniques for your needs; find out how sensory perceptions are converted into working memories; and learn how to heighten attention span and boost memory via association. To help, there are game headers, memory assessment tools, and ideas for fun follow-ups to reinforce your good work. Best of all, you'll have a good time filling in sentences about the past, linking scents with the emotions they evoke, looking through and discussing what you remember about old photos, and pondering questions like “*Who was your first romantic heartthrob?*” and “*What school subject gave you a stomachache?*”—all while training your brain!

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