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You Can Have an Amazing Memory: Learn life-changing techniques and tips from the memory maestro

YOU CAN HAVE AN AMAZING MEMORY

Learn life-changing techniques and tips from the memory maestro

DOMINIC O'BRIEN
Eight Times World Memory Champion

Par Dominic O'Brien
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Prsentation de l'diteurLearn how to improve your memory at your own pace and take yourself to heights of attainment you never thought were possible. For the first time, eight times World Memory Champion Dominic O'Brien lets you right into the heart of his inner world of memory mastery. Follow his brain-boosting techniques as a warm-up and then move on to the advanced stuff - recalling dozens of digits with ease, wiping the floor with your opponents at cards, and driving the route from Land's End to John O'Groats without the aid of a satnav or road atlas - that's right, boys, you need never ask for directions again! The

memory isn't like a muscle - its capacity is infinite. Turn your brain into a portable super-powered computer with this life-changing self-help book. Use the power of improved memory to achieve new success in business, leisure, relationships, and all aspects of personal fulfilment. Presentation de l'auteur Learn how to improve your memory at your own pace and take yourself to heights of attainment you never thought were possible. For the first time, eight times World Memory Champion Dominic O'Brien lets you right into the heart of his inner world of memory mastery. Follow his brain-boosting techniques as a warm-up and then move on to the advanced stuff - recalling dozens of digits with ease, wiping the floor with your opponents at cards, and driving the route from Land's End to John O'Groats without the aid of a satnav or road atlas - that's right, boys, you need never ask for directions again! The memory isn't like a muscle - its capacity is infinite. Turn your brain into a portable super-powered computer with this life-changing self-help book. Use the power of improved memory to achieve new success in business, leisure, relationships, and all aspects of personal fulfilment. Biographie de l'auteur Dominic O'Brien is renowned for his phenomenal feats of memory and for outwitting the casinos of Las Vegas at blackjack. He has won the World Memory Championship eight times, holds a host of world records and was named Brain of the Year in 1994 and Grandmaster of Memory by the Brain Trust of Great Britain. He is President of the World Memory Sports Council. His books include Learn to Remember and How to Develop a Brilliant Memory Week by Week.