



[(How to Develop a Brilliant Memory Week by Week : 52 Proven Ways to Enhance Your Memory Skills)] [By (author) Dominic O'Brien] published on (November, 2005)

By Dominic O'Brien

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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 tried and tested strategies and tips that will expand your mental capacities at a realistic but impressive rate to make your memory bigger, better and sharper, week-by-week.

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