



# Boost Your Memory Power Complete Boxed Set

*Joel Levy*

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## **Boost Your Memory Power Complete Boxed Set Joel Levy**

A four part power program to revitalize, expand, and improve your memory. The Memory Maximizer deck contains 100 cards with advice and exercise ranging from number-recall tests, tips for speed reading, and learning lists with the memory journey, to mastering the name-face association technique and the number-rhyme system as well as a tip-of-the-tongue word finder. Use these hints and tips with the Memory Maximizer wheel, the fun self-test game; spin it to master recalling names, objects, dates, and lists. The Memory Workbook is your personal progress monitor; use it to record your scores from the card and wheel tests, work through expanded tests for important techniques, and keep track of your progress and goals. Make the most of your time studying, discover emergency coping tips for awkward situations, and find practical diet and lifestyle advice here too.



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