



The Sharper Mind: Mental Games for a Keen Mind and a Fool Proof Memory

Fred B. Chernow

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The Sharper Mind is packed with proven, practical techniques and simple exercises you can use to increase your memory, focus concentration, enhance creativity, and boost your learning potential, as well as remember names, numbers, dates, and important facts with speed and accuracy; perform even complex calculations instantly with mental math shortcuts; conquer absent-mindedness and forgetfulness; develop mental agility with the help of a "mental aerobics workout"; and age-proof your memory.

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