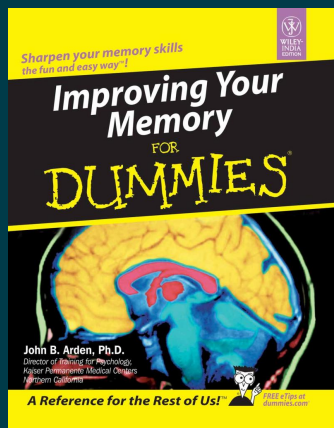


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Improving your Memory for Dummies

By John B. Arden

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• Description

Whether you are cramming for an exam, have trouble remembering names, or you just want to give your overall memory power a boost, this plain-English guide offers clever tricks to help you remember what you want to remember. You'll discover how your memory works and how to enhance it in all types of situations.

• About the Author

John B. Arden

John Arden is a psychologist who oversees twenty training programs in as many medical centers. He has worked in the mental health and education systems for twenty-eight years and is the author of four other books

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