6 Ways to a Better Memory

1. Learn Something

0

Stimulating the brain helps it develop a resilience that allow us to fight off diseases like Alzheimer's.

2. Sleep

At least six hours of sleep at night helps improve your memory function & lowers your risk of stroke.

De De De

6. Meditate

Reduced anxiety improves blood flow to the brain. Inhale 7-counts, hold for 7-counts, exhale 7-counts.



3. Eat Right

A diet high in leafy green veggies, fish, nuts and healthy oils like coconut & olive may ward off Alzheimer's.Alzheimer's. Alzheimer's.









5. Walk with a Friend

A workout, stress-relieving social interaction & good conversation are a triple threat against Alzheimer's.

4. Challenge Yourself

Train your brain... memorize three hard to remember names a day to help strengthen your memory.

Better Memory How To Enhance Your Memory

David Kirk

Better Memory How To Enhance Your Memory:

Reviewing Better Memory How To Enhance Your Memory: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "Better Memory How To Enhance Your Memory," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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