

6 Ways to a Better Memory

1. Learn Something

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.

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.

4. Challenge Yourself

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

5. Walk with a Friend

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

6. Meditate

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



Better Memory How To Enhance Your Memory

Andrew Weiler



Better Memory How To Enhance Your Memory:

Enjoying the Track of Appearance: An Mental Symphony within **Better Memory How To Enhance Your Memory**

In a global used by monitors and the ceaseless chatter of fast connection, the melodic elegance and psychological symphony developed by the prepared term frequently disappear into the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. But, nestled within the pages of **Better Memory How To Enhance Your Memory** a charming literary treasure filled with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this interesting masterpiece conducts viewers on an emotional journey, skillfully unraveling the concealed tunes and profound impact resonating within each carefully crafted phrase. Within the depths of the poignant assessment, we will examine the book is central harmonies, analyze their enthralling writing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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