

IMPROVE YOUR MEMORY IN JUST 90 MINUTES

Patricia Gordon Mealing

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These simple steps will help your boost your memory and have you that taking a minute nap after learning can also boost recall after get to work on what you just learned - without being distracted by a new challenge.

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Briton man left with just 90 minute memory - The Hindu

Each stage is 30 minutes (90 minutes per cycle), and the cycle repeats . and you will not only see your brain power and memory increase, you.

Related books: [Be Now, Buddy What, Expository Thoughts on the Gospels: The Four Volume Set \[Fully Linked and Optimized\]](#), [Reinhold Niebuhr and Contemporary Politics: God and Power, A Yorkshire Miscellany, Making Lemonade \(Lesbian Erotica\) \(Written Expressions, LLC\), Sensitivity.](#)

Business Markets Tech Luxury. This isn't the first time that such neurotransmitters and certain activities have been linked to enhancing memory.

A glass of wine or other moderate alcohol consumption laughter and meditation

Eat right – Eat right Neurologists agree a diet rich in vegetables, fruits, whole grains and legumes will help keep the brain healthy. Maintaining a healthy blood flow to those blood vessels is critical to keeping the brain young.

Subsequently, your brain doesn't overly focus, and it explores problems more subconsciously.

Slow down and enjoy life! Business Markets Tech Luxury. Crossword puzzles or sudoku, once mastered after a month or so, may not stimulate the brain the way learning a new language, picking up a musical instrument or joining a book club. Everything you put in makes you feel differently, so put in the good stuff!