



**Brilliant Memory Training: Stop worrying about
your memory and start using it - to the full!
(Brilliant (Prentice Hall))**

Jonathan Hancock

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Whether it's preparing for the big event like an exam, an important presentation at work, or simply remember this week's shopping list, *Brilliant Memory Training* will help you stop worrying about your memory – and start using it to the full. Combining ancient techniques with the very latest research, this book reveals the crucial role played by memory in every aspect of daily life and provides a step-by-step guide to using it better.

Brilliant Outcomes:

- Increase your memory and remember anything you set your mind on
- Boost your confidence and stretch your creativity
- Learn new skills and improve old ones
- Be confident in social situations by remembering names, faces and personal facts

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