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Memory Power

By Scott Hagwood

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, Memory Power, Scott Hagwood, Memory isn't a gift, it's a muscle to be stretched. Almost seven years ago, Scott Hagwood heard the dreaded news--he had thyroid cancer. But he defied the memory loss that usually accompanies radiation treatment. With research, determination, and the development of strategic exercises, Hagwood was able to work his memory like a muscle, strengthening it and eventually becoming the only American Grand Master of Memory. Scott learned that the brain changes physically as memory skills improve; his astonishing transformation from mediocre student to international memory champion led Wake Forest Medical Center to perform tests on him. From remembering names to training the mind to juggle multiple bits of information at the same time--thus improving practical and creative ability--Scott cracked the code that can unleash the inner genius within us all. In Memory Power he explains how to boost the power to remember faces, numbers, and text using a simple, step-by-step procedure based on techniques of sight, sound, smell, color, conversation, face recognition, and more. With the same engaging style he used to demonstrate his strategies in America on CBS's The Early Show, ABC's Good Morning America,...



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