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Tip 7: Eat a brain-boosting diet. Just as the body needs fuel, so does the brain. You probably already know that a diet based on fruits, vegetables, whole grains, “healthy” fats (such as olive oil, nuts, fish) and lean protein will provide lots of health benefits, but such a diet can also improve memory.

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Memory Improvement Techniques is the guide for those who want to learn easy-to-follow tips and techniques to improve their memory. It describes how the memory system works and what makes a person remember things - and what can even make a person forget his loved ones.

The best technique to use to improve your memory by using emotions (you will not find it in any memory-training book) Learn how to speak foreign languages in only a few weeks! (not months, not years) Expose the perfect systems used by great memory champions to make your memory 20 percent better than the rest of the people

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Your ultimate guide on how to improve memory. In this article, we cover what part of the brain controls memory, useful memory techniques, how to improve memory, how to better memorize, and even certain foods that help improve your memory. Become a memory wizard, right here, right now!

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Memory Improvement Tips - How to Improve Your Memory

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