



Max Your Memory

By Pascale Michelon

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A compendium of exercises, strategies, tips, and techniques to sharpen memory skills, *Max Your Memory* is the first visually led, memory-improving program to be fully illustrated with infographics.

Max Your Memory helps boost memory power with techniques and tests for the ultimate brain workout. Each exercise chapter includes engaging puzzles, games, and exercises that will help sharpen one's memory in ways big and small. And self-assessments at the beginning of each chapter help readers chart their progress as they go along.

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Editorial Review

Review

"*Max Your Memory* (DK) by Pascale Michelon contains dozens of exercises and tips for remembering things like faces and keys and...what was it, again, that we were looking for?" – **The Wall Street Journal**

About the Author

Dr. Pascale Michelon is a research scientist at Washington University. In 2006, she founded The Memory Practice to provide older adults with challenging brain exercises to keep their brain fit. Dr. Michelon has received several academic fellowships and awards, including the Washington University Center for Aging award for her research into the effects of aging on spatial reasoning.

Users Review

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