



Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50

By Harry Lorayne

Download now

Read Online ➔

Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne

The world's foremost memory expert -- and mega-bestselling author -- proves that memory CAN get better with age!

Diet and exercise are great, but what good is a healthy body if you don't have the mental capabilities to go with it? Harry Lorayne, who is now 83 years old, has been honing and teaching his foolproof system for sharpening the mind, improving concentration, and attaining a truly "superpower" memory for more than 40 years. Ageless Memory is the culmination of this memory expert's life's work. Specifically geared to our needs as we age, his unique memory system can be put into practice immediately -- for a better memory the very same day you open the book and start to read! Completely practical and easy to use, readers learn to:

- Recall names and faces, even years later
- Never miss an appointment or misplace keys, glasses, valuables, etc.
- Give speeches without notes and learn foreign words and phrases easily
- Memorize long lists of items, quotations, long numbers, Bible verses, and all kinds of facts and figures
- Excel at cards and other games
- Regain (or maintain!) the confidence that comes with having a sharp, active mind.

It's not necessary to accept poor or waning memory or "senior moments" as inevitable results of growing older? and Harry Lorayne proves it in *Ageless Memory*!

 [Download Ageless Memory: Simple Secrets for Keeping Your Br ...pdf](#)

 [Read Online Ageless Memory: Simple Secrets for Keeping Your ...pdf](#)

Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50

By Harry Lorayne

Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne

The world's foremost memory expert -- and mega-bestselling author -- proves that memory CAN get better with age!

Diet and exercise are great, but what good is a healthy body if you don't have the mental capabilities to go with it? Harry Lorayne, who is now 83 years old, has been honing and teaching his foolproof system for sharpening the mind, improving concentration, and attaining a truly "superpower" memory for more than 40 years. *Ageless Memory* is the culmination of this memory expert's life's work. Specifically geared to our needs as we age, his unique memory system can be put into practice immediately -- for a better memory the very same day you open the book and start to read! Completely practical and easy to use, readers learn to:

- Recall names and faces, even years later
- Never miss an appointment or misplace keys, glasses, valuables, etc.
- Give speeches without notes and learn foreign words and phrases easily
- Memorize long lists of items, quotations, long numbers, Bible verses, and all kinds of facts and figures
- Excel at cards and other games
- Regain (or maintain!) the confidence that comes with having a sharp, active mind.

It's not necessary to accept poor or waning memory or "senior moments" as inevitable results of growing older? and Harry Lorayne proves it in *Ageless Memory*!

Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne Bibliography

- Sales Rank: #115314 in Books
- Published on: 2008-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.57" h x .88" w x 5.72" l, .82 pounds
- Binding: Hardcover
- 239 pages

 [Download Ageless Memory: Simple Secrets for Keeping Your Br ...pdf](#)

 [Read Online Ageless Memory: Simple Secrets for Keeping Your ...pdf](#)

Download and Read Free Online Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne

Editorial Review

From the Inside Flap

Harry Lorayne has been honing and teaching his memory systems for more than 40 years. "Ageless Memory" is the culmination of his life's work, specially geared to our needs as we age, and encompassing all of the many ways we can use a better memory every day.

Completely practical and easy to use, Lorayne's methods can be put into practice immediately--for a better memory the very same day you open the book and start to read! It's no longer necessary to accept poor or waning memory or "senior moments" as inevitable results of growing older--Harry Lorayne proves it. With this one book, you will learn to remember anything you see, read, or hear--the very first time you see, read, or hear it--and retain it for as long as you like. You'll be able to recall names and faces, seen years later; never miss an appointment or misplace keys, glasses, or valuables; give speeches without notes; learn English and foreign words and phrases easily; excel at card and other games; memorize long lists of items, huge numbers, quotations, Bible verses, all kinds of facts and figures; and (most important) regain the confidence that comes with having a sharp, creative mind.

Diet and exercise are great--but what good is a great body if you don't have the mental capabilities to go along with it? "Ageless Memory" includes special "Mind-Power" exercises in each chapter to help keep your mind in tiptop condition, sharpen your creativity, and improve your concentration. And they're fun!

Lorayne's down-to-earth writing style and encouraging step-by-step instructions put superpower memory in reach of everyone. As he puts it, "My memory-training technique is the only art or skill I know of that you can start applying now, immediately. Applying it is your practice, and before you know it, applying my systems, tricks, and strategies will be automatic."

Harry Lorayne has taught his systems to everyone from corporate CEOs and celebrities to stroke patients and school children. His foolproof techniques will help keep your mind sharp for as long as you live--enabling you to learn new languages, go back to school, and beat out the younger competition at work.

About the Author

Harry Lorayne is the world's foremost memory-training specialist and the author of *The Memory Book*, a *New York Times* bestseller for 46 weeks. His other books include *Super Memory*, *Super Student*; *Remembering People*, *Memory Makes Money*, and *Harry Lorayne's Page-a-Minute Memory Book*. He has appeared on national television many times, including 40 appearances on *The Tonight Show*, and has made hundreds of personal appearances, teaching seminars at major corporations, schools, and other organizations. His instructional "Memory Power Package" of DVDs has sold thousands of copies on TV and the Internet. He lives in New York City.

Users Review

From reader reviews:

Jonathan Ouzts:

Book is definitely written, printed, or descriptive for everything. You can learn everything you want by a reserve. Book has a different type. As it is known to us that book is important issue to bring us around the world. Alongside that you can your reading ability was fluently. A e-book Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 will make you to become smarter. You can feel considerably more confidence if you can know about almost everything. But some of you think

in which open or reading a book make you bored. It's not make you fun. Why they may be thought like that? Have you trying to find best book or ideal book with you?

Lori Gonzales:

Book is to be different for every single grade. Book for children until eventually adult are different content. We all know that that book is very important normally. The book Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 has been making you to know about other information and of course you can take more information. It is extremely advantages for you. The guide Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 is not only giving you considerably more new information but also to become your friend when you experience bored. You can spend your own spend time to read your publication. Try to make relationship with the book Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50. You never feel lose out for everything when you read some books.

Billie Gallagher:

This Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 book is simply not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is actually information inside this guide incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This specific Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 without we realize teach the one who studying it become critical in contemplating and analyzing. Don't always be worry Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 can bring if you are and not make your handbag space or bookshelves' come to be full because you can have it in your lovely laptop even cell phone. This Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 having great arrangement in word along with layout, so you will not truly feel uninterested in reading.

Julie Bailey:

The book untitled Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 contain a lot of information on it. The writer explains the girl idea with easy approach. The language is very clear and understandable all the people, so do certainly not worry, you can easy to read that. The book was written by famous author. The author gives you in the new period of literary works. It is possible to read this book because you can keep reading your smart phone, or device, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site and order it. Have a nice read.

Download and Read Online Ageless Memory: Simple Secrets for

Keeping Your Brain Young - Foolproof Methods for People Over 50
By Harry Lorayne #WRHG8OKBNUP

Read Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne for online ebook

Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne books to read online.

Online Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne ebook PDF download

Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne Doc

Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne Mobipocket

Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne EPub

WRHG8OKBNUP: Ageless Memory: Simple Secrets for Keeping Your Brain Young - Foolproof Methods for People Over 50 By Harry Lorayne