



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

By Harry Lorayne

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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*!

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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:

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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.

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