



Don't Lose Your Memory! for Busy Executives: Memory Techniques for Improved Productivity. (Paperback)

By Gillian M Eadie Med

Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Busy executives have many competing demands on their cognitive abilities. Mid-career, occasional memory lapses can be worrying and detrimental to the professional image needed in business. Don't Lose Your Memory! based on the research findings of Dr. Allison Lamont, provides easily accessible strategies and memory techniques for maintaining optimum productivity well into older age. Advances in knowledge of neuroplasticity reveal that new brain connections can be developed at any age. This reassuring news makes the few minutes a day of self-investment imperative for mature executives. This exciting new handbook will show how this can be achieved. Read what others say about Don't Lose Your Memory! : This is a very practical easy-read for the busy executive. It gives practical tips on how you can remember names, faces and events, and how you can train your brain to remain in peak memory throughout your life. Tony Falkenstein ONZM Chief Executive Just Water International Limited This book helps you care for your mind as well as your body in a dynamic and ever-changing world. It is a life-changing...



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