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Memory Coach

Train and Sustain a Mega-Memory in 40 Days

Dr Gareth Moore

Keynote

Train your brain and enhance your memory. With exercises that target specific issues as well as general-purpose memory workouts, *The Memory Coach* is packed with information and strategies for use in everyday life.

Description

Many people struggle with their powers of recall at some point in their lives, and in this innovative book Dr Gareth Moore has developed a programme of techniques, exercises and tips that will help you ensure that your memory never lets you down again.

With exercises that target specific issues as well as general-purpose memory workouts, *The Memory Coach* is packed with information and strategies for use in everyday life, while also providing a guided plan for progression that continues to build upon the techniques you have already covered on previous days. Along with the exercises themselves you'll find plenty of information on what the exercises are actually doing for you and why they are important in maintaining memory function.

From remembering PIN numbers to public speaking, and from acronyms to memory palaces, *The Memory Coach* will help you to train your memory and keep it sharper, more focused, bigger and better – all in 40 days.

Sales Points

- Learn how to remember all sorts of information from the shortest PIN to chunks of text
- Contains general all-purpose memory workouts as well as specific exercises
- Full of proven, effective techniques that will help you improve and sustain your mental recall
- Written by internationally bestselling author Dr Gareth Moore, whose books have sold over 1 million copies worldwide. He is available for PR

Author Biography

Dr Gareth Moore (B.Sc (Hons) M.Phil Ph.D) is the internationally bestselling author of a wide range of brain-training and puzzle books for both children and adults, including *Anti-stress Puzzles*, *Ultimate Dot to Dot*, *Brain Games for Clever Kids*, *Lateral Logic*, *Extreme Mazes* and *The Ordinance Survey Puzzle Book*. His books have sold over a million copies in the UK alone and have been published in 29 different languages.

He is also the creator of online brain-training site BrainedUp.com and runs the daily puzzle site PuzzleMix.com.

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