

Title:

Very Essential Conditions To A Super Sharp Memory

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Summary:

Do you constantly misplace significant things such as your car keys?

Do you often forget important dates like birthdays and anniversaries, thereby negatively affecting your life?

If so, don't panic.

Many people are experiencing memory problems, regardless of age, sex, or stature. So don't think you're alone.

If you want to have a sharper memory, you will find these conditions indispensable:

Keywords:

Article Body:

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If you want to have a sharper memory, you will find these conditions indispensable:

1) You must be able to focus well and be attentive. If you get distracted easily by things around you, you will have a hard time remembering things.

2) You must be interested in what you want to remember or memorize. Let's say you love to study Psychology.

Do you think you would remember your lessons in Psychology more than your studies in Math, Literature, or History?

You bet. By becoming more interested in the subject matter, you are also giving more attention to it.

3) You must have the imagination of a child. Be creative. Many memory techniques require the use of images.

The funnier and more out-of-this-world the images, the better chances you will retain data in your memory.

4) You must have a healthy lifestyle. Eat less fat and consume more foods rich in vitamins and minerals.

By doing these, your mind will benefit as much as your body.

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