



Successful Memory Techniques in a Week (Teach Yourself: General Reference)

Jonathan Hancock, Cheryl Buggy

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An effective memory is crucial to anyone who wants to advance their career. Written by Jonathan Hancock and Cheryl Buggy, leading international memory experts, this book quickly teaches you the insider secrets you need to know to in order to recall whatever you need to in the workplace. The highly motivational 'in a week' structure of the book provides seven straightforward chapters explaining the key points, and at the end there are optional questions to ensure you have taken it all in. There are also cartoons and diagrams throughout, to help make this book a more enjoyable and effective learning experience. So what are you waiting for? Let this book put you on the fast track to success!

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