



Yellow Elephant

By Tansel Ali

Orient Publishing/Orient Paperbacks, New Delhi, India.
Softcover. Book Condition: New. A strong memory helps you stay ahead in many aspects of your daily life; you become more effective, more imaginative and more powerful at work, at keeping track of your appointments, at studying for exams, and making sure that you recall names, your shopping list and telephone numbers. You don't need to settle for a memory like a sieve: all it takes is some simple techniques to keep your brain fit and improve the way you remember, even as you age. Tansel Ali's encouraging writing style and practical exercises with step-by-step instructions will help you build your memory skills quickly enabling you to remember more, reduce stress and improve your focus. Printed Pages: 160.



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