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# Improving Your Memory: How to Remember What You're Starting to Forget

*Janet Fogler*

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**Janet Fogler : Improving Your Memory: How to Remember What You're Starting to Forget** before purchasing it in order to gage whether or not it would be worth my time, and all praised Improving Your Memory: How to Remember What You're Starting to Forget:

Central to the book are sixteen specific techniques to improve your memory. Each technique is illustrated by clear examples and reinforced with exercises so that you can begin to sharpen your memory skills immediately. There is also intriguing information on how factors such as stress, inactivity, lack of organization and poor nutrition can affect memory for people of any age.