

Memory Loss: Improve your Short-term Memory -Memory Improvement Treatment for Rapid Recovery: Signs, Symptoms and Causes and How to prevent Memory Loss ... Treatment - Memory Loss therapy Book 1)

Craig Donovan



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## Are you starting to Forget things? Do you have short-term memory issues that you can't explain? Maybe you're starting to experience memory loss and this is what you can do about it.

Today only, get this Amazon bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

It's normal to become a bit forgetful as you get older. However, memory loss could be a symptom of something more serious and should be checked by your practitioner. Memory loss may be limited to the inability to recall recent events, events from the distant past, or a combination of both. Although the normal aging process can result in difficulty in learning and retaining new material.

Memory loss can be distressing, for the person affected as well as for their family. Relatives may fear the worst and assume it's caused by dementia, but this often isn't the case. This short guide has been designed has been designed to help families to understand this problem. It provides concise, to-the-point and reliable information about the most frequent memory disorders.

## After downloading this book, you will learn...

- Types of Memory Loss
- Limiting the impact of MCI
- Preventing Memory Loss and improving Short-term Memory

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"What a knowledge-packed and useful book. It is like a layman's encyclopedia for mental disorders, and how to understand what causes them... along with how to cope with them. Even though the subject matter

is very in-depth, the author has presented it in a very easy to read format with understandable verbiage."

- Anna -

"From a practical introduction to advice about improving memory, this well-written book is a must-have for anyone looking to preserve their mind and memory. I've already begun applying some of the techniques I've learned and there has been a great deal of improvement. If you are looking for a great book on this subject I highly recommend this read!"

- Lindsey -

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