

Are looking for a clear guide with effective ways of focus improving, special techniques that will help you to train your brain and to make your memory better and with an advice how to reach top productivity? Are you fed up with books and courses that provide information that is too complicated to understand and that is why you need something simple, succinct, but efficient? Well, then our simple guide to a better memory, improved concentration and maximized productivity is just what you need. What we would like to represent in our book: Simple and clear explanation of how our memory and focus works; Examples of the most common problems with memory and focus and to what they can lead; Effective ways of diagnosing problems with memory/focus/productivity; Secrets and brain training tips for good memory, perfect focus and maximum productivity; Motivation for those who can find enough will to start solving problems with his/her memory/focus/productivity

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