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Sommario/riassunto	<p>This book, 'Improve Your Memory Power,' offers a comprehensive guide to enhancing memory skills within 30 days using scientific and psychological techniques. Aimed at both students and general readers, it provides practical methods to develop mental capabilities and academic performance. The author, Anant Sagar 'Anand,' emphasizes the importance of positive thinking and belief in one's memory capacity to achieve success. The book includes scientifically tested exercises and strategies, structured in 30 daily lessons, to systematically improve</p>

memory by fostering concentration, observation, and decision-making skills. The book's accessible language and practical approach make it particularly beneficial for individuals seeking to strengthen their memory and cognitive skills.
