



# Use Your Memory: Understand Your Mind to Improve Your Memory and Mental Power

*Tony Buzan*

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**Use Your Memory: Understand Your Mind to Improve Your Memory and Mental Power** Tony Buzan  
The potential of the human memory is phenomenal. But do you know how to make the most of yours? In this edition of the BBC classic *Use Your Memory*, the secrets of how to improve your memory are fascinatingly revealed by Tony Buzan. He teaches you how to improve your memory for names, numbers, dates and lists and also for speeches, articles, poetry and whole books. There are sections for card players, for people learning new languages and for those studying for exams, as well as an intriguing chapter on how to recall your dreams. *Use Your Memory* will: \*Be particularly useful for school and university students throughout their studies, and especially during review and exam times \*Be useful for business people and for those wishing to improve their brainpower as they advance in years. \*Allow anyone to join the rapidly growing number of mental athletes who are preparing themselves for memory competitions and championships. All the classic memory systems are explained, plus, of course, Tony Buzan's own world-famous Mind Mapping technique

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