



Brain Hacks, Improve Memory with Food: A Guide to Get Smarter, Enhance Memory, Increase Creativity, Faster Thinking, Learning, Better Focus, Boost Performance, ... Critical Thinking, Problem Solving Book 2)

T.J. Robinson

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This book contains proven steps and strategies on how to improve memory with food. It includes over 20 food items that will not only enhance your working memory but also prevent the onset of memory loss when you're older. There is also a short discussion on some of the important substances found in food that have a positive effect on your memory and overall cognition. The final chapter gives you tips on how you can best improve your memory through food.

Contents Include:

- Food and Memory
- Fruits That Enhance Your Memory
- Vegetables That Improve Memory
- Meat and Other Proteins That Improve Memory
- Seeds, Nuts, Legumes, and Grains That Enhance Memory
- Spices and Other Food Items That Improve Memory
- Food-Related Tips for Better Memory

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