

TOTAL MEMORY MAKEOVER



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Total Memory Makeover gave me a greater appreciation and sense of gratitude for my own gift of HSAM. I am one of the other people who was studied at UC Irvine, and classified with Highly Superior Autobiographical Memory. Although I don't have to do some of the exercises, I liked the idea that all memories can be a gift.

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Keep your answers to this exercise in mind as we proceed, or even better, jot down a couple of things you've noticed, like first person or smell. This will not only help you later on, it will also be fun to see how you answered the first question of your Total Memory Makeover.

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If you could remember the confidence you felt when your prom date said yes, could it embolden you to ask for a raise today? Could the thrill you felt

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TOTAL MEMORY MAKEOVER by Marilu Henner Kirkus Reviews

Actress and memory whiz Henner (Wear Your Life Well: Use What You Have to Get What You Want, 2009, etc.) unveils the secrets to unlocking the hidden recesses of the mind. The author's awe-inspiring memory skills, profiled in an episode of 60 Minutes, have eclipsed the fame she won for her portrayal of Elaine Nardo on the beloved TV sitcom Taxi.

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