



# Supermemoria para el éxito (Psicología y Autoayuda) (Spanish Edition)

*Gunther Karsten*

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La memoria es una de las principales facultades de nuestra mente y de hecho podríamos afirmar que tener una buena memoria es algo fundamental en muchas áreas de la vida. Sin embargo, debido al transcurso del tiempo o por no ser debidamente ejercitada, la memoria se va perdiendo. Olvidar números de teléfonos, tareas cotidianas, fechas, citas, nombres o, lo que es peor, empezar a olvidar conocimientos y datos importantes de nuestra profesión u oficio, es algo que le sucede a menudo a muchas personas. Pero la buena noticia es que usted puede elevar su capacidad de memorizar a niveles que le parecerá imposible. Con el programa de entrenamiento de este libro, usted primero podrá a través de unos sencillos tests, comprobar su CM, o cociente de memoria, para luego, después de haber entrenado el programa, verificar como su memoria ha mejorado increíblemente. Todos los ejercicios y prácticas que propone el autor son fáciles de realizar y son además muy amenos, por lo que no le costará esfuerzo llevar a cabo este programa que le permitirá eficazmente desarrollar y potenciar su memoria de un modo asombroso.

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