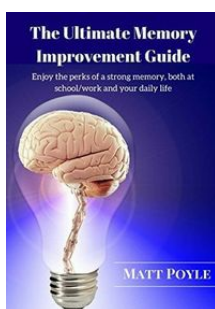


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A Review by Nicole S. Aviles "The Ultimate Memory Improvement Guide" by Matt Poyle The Ultimate Memory Improvement Guide, by Matt Poyle, is a very well-constructed non-fiction health-wellness read, revolving around memory and attention-span enhancement techniques, as well as chock full of other tidbits and useful pieces of information...