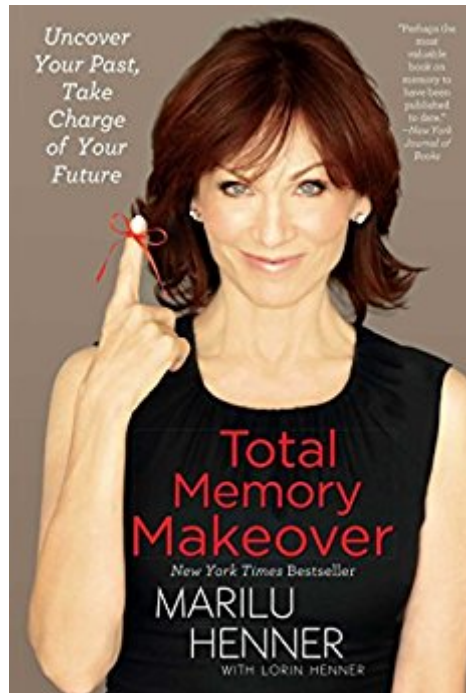


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# Total Memory Makeover: Uncover Your Past, Take Charge Of Your Future



## Synopsis

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 fitting into your skinny jeans five years ago inspire you to skip the doughnuts this morning? Would the details of your early days with a heartbreaking ex help you recognize the potential red flags in a sexy new romance? Marilu Henner says, "YES!" In this revolutionary new book, the New York Times bestselling author, renowned health advocate, actress, performer, and memory expert helps you develop the ability to remember more of your past, to recall it more clearly, and most of all, to understand your memories as a blueprint for the extraordinary life you were meant to have! Marilu is gifted with Highly Superior Auto-biographical Memory (HSAM), a rare and incredible ability that allows her to vividly recall every detail of her life since childhood. While most of us may prefer to keep the unhappy times buried in the past, Marilu has discovered that only by remembering what happened then can we change our lives for a better now. The past is prelude to the future. But how much of our lives do most of us really remember? And what would our memories tell us if they could? Get ready to harness the power of your autobiographical memory. Total Memory Makeover is unlike any memory book ever written. It's not about using mnemonic devices or unusual strategies to remember lists, definitions, names, or numbers. The simple, practical (and fun!) exercises in this unique book will help you: • Stop turning painful memories into emotional baggage • Discover your personal memory Track • Unlock repressed memories that are holding you back • Understand the four types of memory retrieval "Horizontal, Vertical, Mushrooming, and Sporadic" and determine which works best for you • Recall memories faster and stop them from fading • Teach your kids to have great memories • Turn your newfound memories into a treasure map to a successful future! Are you ready? Let's get started on your Total Memory Makeover!

## Book Information

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## Customer Reviews

Marilu Henner has a gift that is known to only six other people in the world. She can recall every detail of her life, now just the big events like the day Kennedy was shot, 9-11, or a surprise birthday party... but also a random Thursday in August of 1980, or a Sunday morning any year since she has been five. In *Total Memory Makeover*, Marilu shares the benefits to having such a memory, and shares exercises we can all do to strengthen our own memories. *Total Memory Makeover* is exactly what it says it is. An audio book (or book) about Marilu's gift of total recall, and what we can do to strengthen our own skills. 7 hours and 58 minutes long, Marilu takes us through her growing up with this skill, and how it can be used to help us make better choices in our present day. I found it interesting that Marilu explains that by remembering moments of great pain in our life (say, like a break up) it can help us see the red flags as we go into new relationships. And that works for good things too... by remembering how great it felt to fit into a smaller size of jeans 4 years ago can help us say no to bad food choices today. While the audio was interesting, there are a lot of times throughout the reading that Marilu had tasks for the reader. We are asked to write down dates like our 21st birthday and remember everything we can about that event. For me personally, I am an active audio listener, meaning I cook or clean while listening to audio and I did not do the little tests that required hitting pause. Overall this is an interesting read, Marilu did a wonderful job of narrating, and I think if you are really looking to work on your memory skills she has some wonderful tips for doing so and advice to get you started.

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Exercises Guide! (memory exercises, memory, brain training) La Transformaci3n Total de su Dinero [The Total Money Makeover]: Un plan efectivo para alcanzar bienestar econ3mico [An effective plan to achieve economic welfare] The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days Hannah Keeley's Total Mom Makeover: The Six-Week Plan to Completely Transform Your Home, Health, Family, and Life Take-Down Archery: A Do-It-Yourself Guide to Building PVC Take-Down Bows, Take-Down Arrows, Strings and More Healing Multiple Sclerosis: Diet, Detox & Nutritional Makeover for Total Recovery, New Revised Edition Healing Multiple Sclerosis, New Revised Edition Diet, Detox & Nutritional Makeover for Total Recovery Trauma and Memory: Brain and Body in a Search for the Living Past: A Practical Guide for Understanding and Working with Traumatic Memory The Stash Plan: Your 21-Day Guide to Shed Weight, Feel Great, and Take Charge of Your Health An Empowering Guide to Lung Cancer: Six Steps to Take Charge of Your Care and Your Life Reverse Your Type 2 Diabetes Scientifically: Get the Facts And Take Charge of Your Type 2 Diabetes Infinite Quest: Develop Your Psychic Intuition to Take Charge of Your Life Quantum Memory: Learn to Improve Your Memory with The World Memory Champion! Over the Counter Natural Cures, Expanded Edition: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Over-the-Counter Natural Cures: Take Charge of Your Health in 30 Days with 10 Lifesaving Supplements for under \$10 Lose Weight, Have More Energy and Be Happier in 10 Days: Take Charge of Your Health with the Master Cleanse Put Your Science to Work: The Take-Charge Career Guide for Scientists - Practical Advice,,, Proven Techniques BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training)

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