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O primeiro volume de Turbine sua memória explica como funcionam o cérebro e qual a sua relação com a memória e suas faculdades. Os leitores poderão compreender a memória como parte da identidade, da inteligência e da emoção e, com isso, deter os efeitos negativos do tempo e do excesso de informação armazenada. Por meio das técnicas e dos exercícios apresentados, você poderá verificar como está sua memória e aprender a estimulá-la. Veja se consegue se lembrar do nome dos produtos de uso diário, relacionar aspectos sensoriais à palavras, descobrir erros por observação e aproveitar sua memória numérica.

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