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Perdre le fil de ses idées, oublier le nom d'un collègue ou ne plus se souvenir d'une information importante font partie des petits désagréments du quotidien : la mémoire n'est hélas pas infaillible ! Il est cependant possible, et ce pour n'importe qui, de l'entraîner et de développer des techniques pour la rendre plus performante.

**Ce livre vous aidera à :**

- Comprendre le fonctionnement de la mémoire
- Développer des techniques pour la stimuler
- Entretenir et développer vos capacités intellectuelles
- Et bien plus encore !

**Le mot de l'éditeur :**

« Avec l'auteur, Géraud Tassignon, nous avons cherché à présenter aux lecteurs des conseils pratiques pour apprendre à entraîner sa mémoire au quotidien en vue de l'entretenir et de la perfectionner. A l'aide de nos astuces et exercices, vous serez à même de booster votre performance au travail ! » Laure Delacroix

## **À PROPOS DE LA SÉRIE 50MINUTES | Coaching pro**

La série « Coaching pro » de la collection « 50MINUTES » s'adresse à tous ceux qui, en période de transition ou non, désirent acquérir de nouvelles compétences, réagir face à une situation qui les incommodent, ou tout simplement réévaluer leur équilibre de travail. Dans un style simple et dynamique, nos auteurs combinent de la théorie, des pistes de réflexion, des exemples concrets et des exercices pratiques pour permettre à chacun d'avancer sur le chemin de l'épanouissement professionnel.

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