

# 7 Easy Ways You Can Improve Your Memory Now

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## *USA Weekend:*

Nearly every day it seems, researchers discover new details about the intricate workings of the human brain. In laboratories across the U.S. and abroad, neuroscientists are pinpointing the specific areas of the brain that are involved in memory, learning and other routine cognitive tasks, and identifying techniques that may help us improve those skills. We culled the most recent research and talked to top experts in the fields of cognition and aging to come up with the latest advice on what you can do to improve your memory, no matter what your age.

Does the list of things you find yourself forgetting seem to grow longer by the day? Maybe it's the password for your online bank account. Or the title of that new novel your best friend raved about. It might be your co-worker's name, or the location of your reading glasses. Or possibly it's the car keys that always seem to go missing when you're already 10 minutes late for an appointment.

Read the full story: [USA Weekend](#)