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Follow these steps to improve your memory for names: Pay attention. Make sure that you hear the name clearly. If you don ' t, ask him to repeat it. Give the name special meaning.

Connect the name with some aspect of his physical appearance... Repeat the name. Use it in conversation with him — but ...

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Improving your memory is a worthwhile activity no matter how old you are, from high school student studying for exams to carefree retiree making new acquaintances. Wherever you are, whatever you're doing, you can improve your memory, and I can show you how.

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