



## Como ejercitar la memoria (Spanish Edition)

*Klaus Kolb, Frank Miltner*

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Hacia la memoria perfecta en tres fases. Para que nuestra memoria pueda actuar a la perfeccion es necesario que funcionen las tres fases que describimos a continuacion. Traducccion: Los estmulos que captan nuestros organos sensoriales tienen que ser traducidos a un lenguaje que pueda ser comprendido por el cerebro.

Almacenamiento: El material traducido es guardado en la memoria. Recuperacion: Una memoria solamente sera perfecta cuando la informacion almacenada pueda ser recuperada en cualquier momento.

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