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invaluable guide busts the credit myths and explains key ways to use credit pay bills pay off debt deal with crisis and avoid scams in order to make the credit score work for you includes a glossary resource section and sample letters

have you ever wondered about the untapped potential of your brain on average man only uses about 3 of the power potential of this miraculous three pound approximate weight organ this percentage represents the messages that our conscious mind receives and understands the other 98 of our brainpower is tucked away in our subconscious mind each one of us has the potential to tap into this hidden power and use it to enrich our lives and our livelihood below are more information and article titles that you are about have inside this ebook a unique way to improve your cognitive abilities is to help your kids with homework are you thinking on auto pilot brain exercises can help reduce the risk of mental illness by experiencing new things in your life your brain will be healthier can aromatherapy stimulate your brain activity doing your math by hand is a great way to keep your mind active encourage learning by taking on a new hobby higher education as an adult can help to exercise the brain how can i improve my memory improve your memory with brain exercises learn a new word every day to exercise your brain lifestyle habits that will assist you with maintaining a healthy mind not getting enough physical exercise can reduce your cognitive abilities playing games is a fun way to exercise your brain reading is great exercise for the mind stimulate your brain each morning before you get out of bed tips to consider when you are working to improve the way you think traveling is considered to be a great way to improve your thinking process use your hands to stimulate your brain walking offers great benefits for your brain activities and so much more

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