



# Total Memory Makeover: Uncover Your Past, Take Charge of Your Future

*Marilu Henner*

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## **Total Memory Makeover: Uncover Your Past, Take Charge of Your Future** Marilu Henner

Could the confidence you felt when your prom date said yes embolden you to ask for a raise today? Would the thrill of wearing your skinny jeans last year inspire you to skip this morning's doughnuts? Could the details of your early days with a heartbreaking ex illuminate potential red flags in a sexy new romance?

Marilu Henner says, "YES!"

*Total Memory Makeover* is unlike any memory book ever written. The simple, practical (and fun!) exercises in this unique book will help you:

- Stop turning painful memories into emotional baggage
- Discover your personal memory Track
- Unlock repressed memories that are holding you back
- Recall memories faster and stop them from fading
- Turn your memories into a treasure map to an extraordinary future!

Are you ready? Let's get started on your *Total Memory Makeover*!

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