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Mental Health Matters: Learn How to Improve Your Short-Term Memory (Paperback)

By Patricia a Carlisle

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book contains proven steps and strategies on how to improve your short-term memory. Mental Health Matters (MHM) is a very important issue in human history. To make the subject clearer, we must start from the very beginning and origin of why and how mental health matters and is associated to the brain that we inhale. Having mental stability or mental derailment is something that can determine whether an individual can really fit into the society. From the basic unit of life where a child is born, it is expected that children should develop under proper parental care, guidance, supervision and the child must have a solid upbringing to begin with. The development of a child is indispensable and cannot be over emphasize. Growing up in a healthy family, educational environmental and proper nutritional or a balance diet including good psychological, physical, spiritual, exercise etc. will enable the child to develop properly and maintain a sustainable healthy mental state. But when the child is not given the right platform and enabling environment to grow properly, it will go a long way to...



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