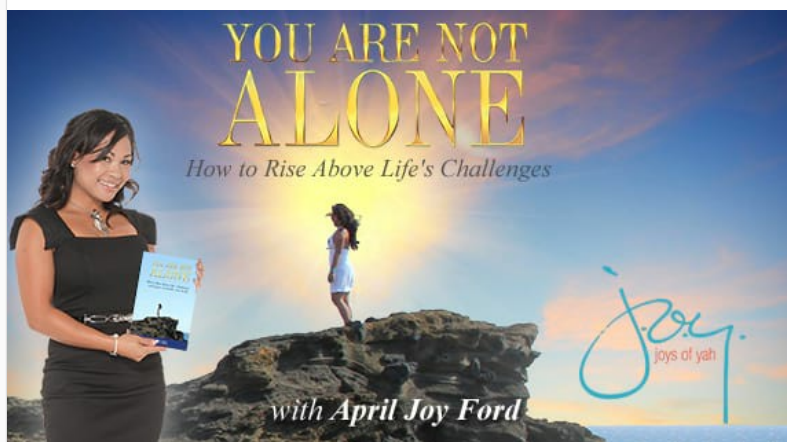


[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT



You Are Not Alone Archives Available

**August 25th 2015: How Loneliness and Memory
Play a Big Part of Recovery: Tools and Tips for
Memory by Guinness Record Holder Dave
Farrow**

A University of Stirling study has suggested a possible link between poor short-term or working memory and depression. Another study at the University of Michigan suggests that attention and short-term memory processing are directly affected by a person's surroundings and environment. So what happens when life throws you a curve ball and you feel alone in an adversity? Our episode guest, Dave Farrow is a two-time Guinness Record holder for greatest memory. Listen in as we discuss how loneliness and memory play a big part of recovery.

[DOWNLOAD PDF](#)

[<> GET CODE](#)

Tune in

Archives Available on
VoiceAmerica Empowerment
Channel

[EPISODE ON DEMAND](#)

[VIEW HOST PAGE](#)

Featured Guest



Dave Farrow

David Andrew Farrow is a two-time Canadian Guinness World Record Holder for Most Decks of Playing Cards Memorized in a Single Sighting, entrepreneur, memory coach, speed reader and keynote speaker.

[Read more](#)

Share This Episode

[Share On Facebook](#)

[Share On Twitter](#)

[Share On LinkedIn](#)

Connect with VoiceAmerica

Download our mobile apps



Read what our hosts are writing about.

VOICEAMERICA BLOG