**Literacy**

It is widely accepted that literacy is a crucial skill to have. Most people who are able to read take the skill for granted, almost as though it was a natural ability. This is especially true for people who learned to read at a young age. However, being illiterate in the modern world can be rather hazardous. If a person does not know how to read, it is impossible to review a document before signing it, fill out a job application, interpret a standard map, read the ingredients on a package of food or medicine, or understand caution signs. These are just a few instances in which literacy is crucial.

**Memory**

If our brains were computers, we'd simply add a chip to upgrade our memory. A strong memory depends on the health and vitality of your brain. Whether you’re a student studying for final exams, a working professional interested in doing all you can to stay mentally sharp, or a senior looking to preserve and enhance your memories as you age, there are lots of things you can do to improve your memory and mental performance.