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Does it ever occur to you that you wasted almost one hour searching for your eyeglasses or your car keys? I always have this uncomfortable feeling whenever I visit a movie hall. I forget my seat after I go out for a snack. Itâ€™s a very embarrassing thought that creeps my mind. But even today I make it a point to go out with my husband mark to go out and buy snack. Itâ€™s because I find it hard to search for my place back in the dark. This is something that I find it hard to admit but the fact is that I take a lot of time to identity my husbandâ€™s bike from the parking stand. I have never paid details to such fine facts in my life.

This could be because of two reasons. One is that you are either travelling the route to Alzheimer's disease or it could also be because of the changing trends of this fast paced world. There are so many things in our life to worry about that we completely forget the minor details of our day today life. This is very likely to happen and not a very serious issue. There is a simple solution available to get rid of the confusions happening around in your life. The best option would be to make your life uncomplicated. Just make things simple and clear. There is no need to complicate your life. This way there is actually a possibility that the thoughts happening in your brain might change and you will be able to lead a happy life. Sometimes it could be the early onset of Alzheimer's disease. That could be one of the reasons why you are forgetting things so easily and making your life a hell.

When do you lack attention? It happens when your mind is getting distracted by some other thought. Thatâ€™s when the whole attention shifts and you forget about what is going on in the present. You can forget anything. It could be a book, or a tie or your car key. But there is a basic reason behind this attribute. When you become more and more busy the tendency to forget things naturally increases. A normal excuse given by people who forget is that thatâ€™s the way they have lived their entire lives and that thatâ€™s just the way it is. What actually happens is that when life is led this way as young individuals, it tends to continue the same way as they age and such habits tend to become more and more prominent.

It not really a big deal when people tend to forget their car keys and then get very irritated searching for it. The problem only arises when people not only forget or misplace their house hold items but they donâ€™t even realize that it is missing. Then is the need to treat this problem from an altogether different angle. There are some solutions that will prove to be handy in solving this issue. One thing is that you should learn to simplify your life. It would be wise not to get distracted by too many things at one time. Take it slowly and things will slowly fall in place. You should have a nutritious diet and take sufficient rest to tackle this issue. It is good to stick to one kind of a routine and adhere to it. Spend ample time for all your day to day activities and learn to do it with a schedule. For instance allot time to watch your favorite shows for an hour every day. There are so many deals such as Charter Bundles that will pave way for your daily dose of entertainment as well.

Though it can sound like an irritated issue. With timely help and effective management, you will be able to solve the problem to its core.

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Robin Mackenzie is a freelancer. She loves to study about human psychology. She writes a lot of articles related to self improvement. During her free time, she likes to watch programs related to absent mindedness on her TV which she got through a Charter Bundles.

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