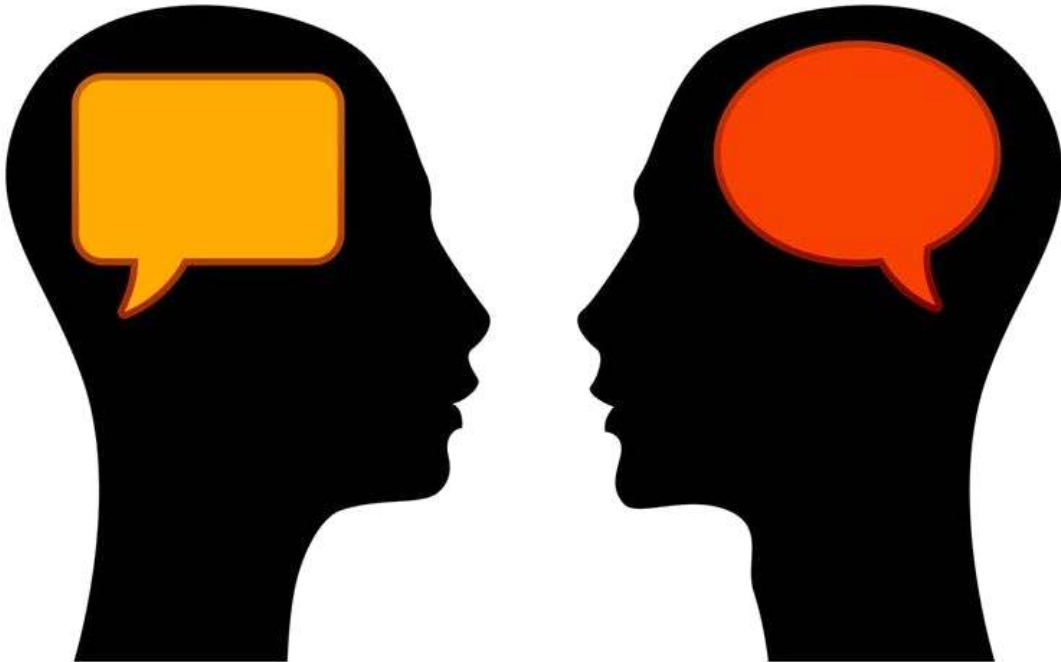


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# **These Simple Steps to Improving Your Memory Fast!...**

***By Terry D. Clark***

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## **Introduction**

A excellent memory storage is truly essential for anyone to acquire. Your memory storage of faces, titles/names, information, details, schedules, activities, conditions and other things concerning your lifestyle is the evaluate of your capability to succeed in today's fast-aced, information-dependent community. With a excellent memory storage, you don't have to worry forgetting/misplacing essential items and you can get over psychological limitations that restrict you from succeeding in your profession, romantic lifestyle, and personal lifestyle.

Your memory storage is consisting of complex sensory connections in the mind which are considered to be capable of having an incredible number of data. The capability of your mind to maintain previous encounters in a highly structured manner gives you the potential to learn and create different ideas. Your encounters are the stepping-stones to greater achievements and at the same time your guides and protectors from risk. If your memory storage serves you well in this regard, you are saved the discomfort of duplicating the errors of previous times. By keeping in mind crucial training and conditions, you avoid the errors and problems made by other people.

Unless you have an sickness or disability, a poor memory is often linked to deficiency of interest or focus, inadequate hearing abilities, and other natural bad habits; however, it can be perfected and designed using the right techniques.

Many individuals believe that their memory storage gets more intense as they get older. This is real only for those who do not use their memory storage effectively. Memory is like a muscle - the more it is used, the better it gets. The more it is ignored, the more intense it gets. This is the reason why senior citizens have more problems remembering than young ones. However, individuals improving in age can get over this situation and can even further enhance their memory storage by ongoing the amount and studying, by improving their thoughts, by maintaining their education themselves start to new experience, and by maintaining their creativity. An essential thing to recognize is that different individuals have various ways of learning. The way in which individuals understand is often a aspect identifying the topics they select to research, teachers they correspond with, and professions they select.

Memorization or preservation of information functions by running pictures, appears to be, flavor, fragrance, and feeling (touch) in a very structured and significant mixture in our mind. There are three kinds of memory storage.

Neurological Memory: Is where short-term details is temporarily documented. Pictures such as an image in a journal and the style on your customer's outfits are temporarily saved in the sensory memory storage. It will be quickly changed by another sensory memory storage unless you do something to maintain it.

Short-term Memory:

Recognized by 20 to Half a minute of preservation, involves a restricted amount of details, and is necessary in conventional handling of encounters and common information collecting (everyday feeling and perception). For example, you were trained by your professor some great techniques on how to quickly fix complex Mathematical problems. The next time you take a Mathematical examination, you could probably keep in mind some of the formulas, but it's uncertain you'll be able to recall and implement all the techniques being taught.

Long-term Memory:

Includes merging and company of complex information and details for further referrals and other intellectual (mental) handling such as use of learning or details into significant encounters. Illustrations would consist of your wedding, your father's name, and your home's overall look.

Short-term and long-term memories:

Are involved with how you continually arrange information that are saved in the mind. In brief, human memory storage is like a wide and complex yet structured collection, rather than a junk can or disordered store room. In order for you to further make your memory storage potential in various projects, it would be beneficial if you consider factors and concepts in enhancing your memory storage. This would make your preservation methods more effective and clearer.

Lets get started.

### Chapter 1: Sharpen Memory Storage Aspects

If someone was to read-off a list of words to you, it's most unlikely that you will remember the list of all the words on that list. You'll be able to recall most of the words at the start, some at the center, and a few at the end. These results are known as primacy (words at the beginning) and recency (words at the end).

The only way that a regular individual can successfully recall all of the words in the list, is if he is applicable a mnemonic strategy to help him/her remember. You'll also discover that it's simpler to recall a term or word if it's recurring several times on that list, or if it's relevant to the other terms/word in any way, or if it is unique among the other words (for example, the phrase "ruby" will stand-out from a list of vegetables).

To take benefits of your primacy and recency, you must



discover a center or middle ground so-to-speak. If you are doing something that needs a lot of considering and you do this non-stop for time, you'll discover that the dip in the keep in mind between the primacy and recency can be quite significant.

If, however, you quit to take breaks too often, the mind will not really achieve its primacy because it keeps on getting disturbed. In a more practical application, instead of consistently learning or working for hours, you might want to try putting a hold on and relaxing after 30-50 moments of working, just to give the mind a chance to renew itself and to increase time when your primacy and recency are balanced.

Contrary to well-known perception, being intelligent is not associated to having a excellent memory storage or excellent preservation. You don't have to force yourself to research and comprehend more to be able to enhance your memory; the key is actually in your way of life, your mind-set, your daily eating plan, and your routines.

### You Are What You Eat

It is often said that the mind is probably the greediest body organ in your body, and it needs a very specific type of nourishment from your daily eating plan. It must not be surprising that your daily eating plan impacts how the mind works, and it works well with a stable supply of sugar(glucose). Before you go out of your house each morning, it would be great idea, if you can give the mind the energy it needs by eating a satisfying morning meal. A healthy salad full of anti-oxidants, such as beta-carotene and natural vitamins C and E, should also help keep the mind in tip-top condition by helping to reduce

destructive toxins (damaging molecules). As you mature, the mind has smaller potential to protect itself from daily risks like toxins, swelling, and corrosion. That's why aging people need more nourishment than younger ones.

Free radicals are like cavities to your teeth; they gradually build up if they're not washed out. As the minds mature, they sometimes stop interacting with each other. As an effect, it decelerates important procedures like thinking, short-term memory storage recovery, and regenerating new tissues. Therefore, anti-oxidants are important to maintain not only great health, but a excellent memory storage as well. Good resources of anti-oxidants are:

- Vitamin A and beta-carotene: Carrots, spinach, cantaloupe, winter squash.
- Vitamin C: Citrus fruits, broccoli, strawberries, tomatoes.
- Vitamin E: Nuts, seeds, vegetable oil, wheat germ.

Research has shown that unhealthy meals that causes artherosclerosis (clogging of arteries) are also the same type of meals that interrupts sensory actions. Cut back on the fat and substitute it with meals loaded with anti-oxidants. Nothing will substitute a well-balanced food, but to make sure that your body doesn't lack any of its healthy needs, it would be a wise decision to take dietary products. As the name indicates, they're supplements, and not alternatives.

scientific research also indicates that eating seafood can indeed improve your memory storage. Most seafood fat contains the polyunsaturated unhealthy acidity DHA, which works an important part in the brain development of youngsters. Test displays that kids who eat sufficient meals containing DHA rank better on IQ tests than those who take smaller amounts of DHA. Fish also contains omega-3 body fat which open up new interaction facilities in the brain's nerves. This allows your thoughts to function at its optimum efficiency.

Another important finding indicates that cigarette smoking can impact the ability of the brain to process details effectively. Routine tobacco users have higher threats of damaging their visual and verbal memories. So the next time you think of cigarette smoking, remember that it's not only risky to your health, but you are compromising your memory storage features as well.

Caffeine and alcohol causes anxiety and depression. This may slow down details from effectively coming into your thoughts because memory storage works best when you are comfortable and focused.

### Decrease Stress

Medical studies show that individuals who are always nervous generate "stress hormones" like cortisol, which damage brain cells. Ensure to do something that will rest you daily. Try meditation, yoga exercise, consuming green tea, taking a long shower ... whatever works for you. A very effective method peace is meditation and imagining the predicted result of any situation to turn out well. Don't forget to get enough rest.

Poor memory storage is often a result of inadequate self-image. After all, it all begins and finishes in the brain. So to have a proper and balanced thoughts, believe that you can accomplish anything you desire. Increase your self-esteem and be assured in your capabilities. Your mind-set should be helpful of your objectives.

Cardiovascular workouts like strolling/walk enhances blood vessels flow and are good for the brain and heart. Research also indicates that strolling/walking helps launch testosterone that aid in regenerating new cells. If you're tired with simply strolling, interact with sports that you love. Play golf, beach ball, baseball, or anything that captivates you. By training, you can reduce your possibilities of creating hypertension which plays a role in forgetfulness when you get older. So get up and get moving. Not only will you be getting a healthier body, but you'll also enhance your memory storage and enhance your creativeness. In addition to the fun and companionship you'll be getting with your team members and opponents.

Just like any muscle, you also need to exercise the brain so that it

doesn't decline. Take part in games that will help you think. Talk to individuals, read informative guides, listen to self-esteem encouragement Cds or tapes, and make it a addiction to consistently learn and experience new things. Remember that when your nerves die, they don't come back again any longer. So you better use them, or you'll lose them.

If you think that your memory storage really isn't how it used to be, go and see a doctor. Sometimes, forgetfulness can be a indication of more serious illnesses and can go

unnoticed for years because you don't really experience anything else other than forgetfulness.

## Songs and Memory

Elderly individuals affected by dementia were said to have better thinking about their background scenes and individual history when there was music playing in the healthcare area than alone, during an analysis performed by Elizabeth Valentine, a psycho therapist at the School of London, uk and co-author of new research on music and memory.

Increasingly, music is associated with conventional healthcare treatments to help individuals cure quicker. Professionals say music has the energy to relaxed and to motivate the soul.

The English scientists performed a analyze on 23 individuals (ages 68 to 90) with light dementia. The analyze was done with different appears to be enjoying in the qualifications.

While asking the concerns, the scientists either played: a acquainted track (Winter, from Vivaldi's Four Seasons), novel music (Hook, by Fitkin), or prerecorded cafeteria disturbance - or requested the concerns in calmness. Over several weeks, each person was examined in all four circumstances. The members responded to more concerns properly with audio in the background rather than alone, and they obtained even better when music was playing. "Whether the background music was acquainted or new did not seem to matter. The songs probably turned on the members and assisted them to concentrate," the scientists said.

## Rest and Memory

Research indicates that you can better remember the details you are

reading if you will get to rest right after studying it. But there are two limits:

1. The content that you plan to keep remembering should be clear and understandable, or you should already have a reasonable knowledge of details or encounter in the topic being mentioned.

2. You must not be too exhausted or tired when studying the content.

The next time you need to understand something, try this process and see if it works for you. It proved helpful for me!

## Studying/Learning and Emotions

As previously mentioned, feelings and emotions play a very part in the process of learning and memory storage preservation. Music has been said to impact learning and memory storage in psychologically-challenged sufferers. On the other hand, inner aspects such as feelings and emotions should also be considered in accessing data or in understanding saved details in the mind.

The development of a excellent emotions in generating better self-control, beneficial outlooks, or even in

pleasure are very popular these days in developing a natural strategy in health and fitness and psychological health. The balance between mind and body and the training that happens inside the mind may impact your getting knowledge and details. That is why, it is essential to have a excellent emotions in perceiving, getting, and accessing psychological as well as psychological details.

Here are some of the precious tips or techniques in emotions training that will definitely help you enhance your psychological capabilities.

1. Close your eyes and do it again a chant that will help you remember an image, a situation or a very appropriate encounter. You can also do this by duplicating a very beneficial statement like: "No matter what you say or do to me, I'm still a positive person!" Keeping in mind such terms can also increase assurance during test or in times of learning or even in everyday challenges. By saying positive aspects regarding your life, you are improving the possibilities of connecting your experience with enjoyable feeling, and this would help you remember more of the excellent stuff than the bad ones that could lead you down.

2. Think about a experience of someone who has put you down in some methods in the past (e.g. a buddy, a instructor, a classmate, or an ex lover). After getting the image of his or her experience, say, "No matter what you say or do to me, I'm still a positive person!" This would reduce you and put you into a positive awareness in working with people or unknown people. Psychological images can also reduce you from the pressure introduced about by bad or stressful encounters.

3. There are actual methods of enhancing feelings or the

places where studying/learning has to take place. Fragrant candle lights, fragrant things, or the development of impression of pleasure (with the use of natural or clam colors such as light, earth shades, or non-solid shades) are some of the realistic methods in making it possible to rest while studying or learning or information. In out of control surroundings which require natural response, it would still be best to make mental images (imagining the blueness and peacefulness of the sea, or the very relaxing field of a natural countryside) while undertaking studying projects or activities.

## Chapter 2: Attention

Before you can anticipate to remember or memorize a thing, that thing must have been satisfied clearly upon the information of your unconscious. And the primary aspect of the documenting of impressions is that quality of the mind that we call Attention, which is the ability to concentrate and give significance to a particular information or stimulation.

Our ability to process information is somewhat restricted. Therefore, we must regularly choose and decide which information are appropriate and which are not. Stimulating elements or emotions that you understand and arrange into significant ideas are precisely examined by the mind. If the stimuli or information is appropriate or appropriate for further use or access, the mind exchanges this information to the long-term memory storage space center. However, for this to happen, attention must take place

One of the most common causes of inadequate attention is



the lack appealing. You are more prepared to remember the factors in which you have been most fascinated, because in that emanation appealing there has been a high level of attention showed. A person may have a very difficulty in remembering factors for many things; but when it comes to factors in which his/her interest are engaged, he often recalls the most complex information. This is called unconscious attention. This type of attention does not require special effort or exertion because it follows upon interest, fascination, or desire.

The other type of attention is known as non-reflex or voluntary attention. This way of attention is provided upon things not actually exciting, interested, or eye-catching. This requires effort and use of the will.

Every person has more or less unconscious attention, while only a few have designed non-reflex/voluntary attention. The former is started by intuition, while the latter comes only by exercise and coaching. For attention to take place, you must carefully exercise the art of non-reflex voluntary attention. Here are some effective techniques to help you obtain this important skill:

1. Convert your attention upon some tedious thing and study every details until you are able to explain them. This will seem

boring or tedious at first but you must adhere to it. Do not exercise a long time at first; relax and try it again later. You will soon find that it comes simpler, and that a new attention is beginning to reveal itself in the process. For example, choose a plant. put your hands on it. Smell it. Feel its structure. How many plant petals does it have? How long is the stem? What color or shade it? By doing this simple process, you will be amazed at the quality

of little factors that you will see. This technique, used on many different things, in spare time, will create the energy of non-reflex/voluntary attention and understanding in anyone, no matter how lacking he or she may have been in these factors. Start to observe of things about you: the locations you check out, the people in the areas, etc. In this way you will start the habit of "noticing Things," which is the first important for memory storage growth.

2. Remove distractions: Even though you may have often observed of multi-tasking, it is very challenging for individuals to do more than one thing at a time. For example, you're a law student studying for the Bar Examinations. You wouldn't be able to absorb effectively into your thoughts what you are studying if your playing the stereo, while enjoying noisy rock-and-roll songs, or if you're listening to the activities or games being performed by your kids and their friends. As much as possible, prevent any possible disruptions such as TV, stereo, or other individuals chattering.

3. Maintain complete focus and concentration in the procedure of studying or

memorization. Let's say you're active planning for an important

presentation the next day. A new worker was presented to you while you are working. In this case, there would be much less opportunity for you to keep in thoughts about anything that new worker because you are working on something else which you respect as more immediate or essential. If you want to remember something well, move your focus on that one thing and willfully make it to memory.

4. Keep monitoring all of your ideas and thought process. Whenever you become aware that your ideas are dropping,

scream "STOP!" in your thoughts. This will bring your drifting to an halt and divert your interest to what needs to be done. Remember that excellent concentration breeds excellent memory storage. If you find that your ideas are journeying away from you-- bear in mind that your attention is drifting.

5. Get interested: To have excellent recall abilities skills, you should also like what you are doing. To strongly memorize visual, an picture, or even written text, interact with yourself into it. You should put your heart and soul in every action you're working and doing. If you don't like to take part in a certain activities, there's a slim chance for you to remember aspects about it. Let's say your mother and father want you to become an professional computer geek, but you want of becoming a artist. If you study computer technological innovation because your mother and father pressured you to, you won't have the commitment or wish to retain information from your technological innovation guides. Don't force yourself to do something that you have no interest in.

*Leonardo Da Vinci said: "Just as eating against one's will is injurious to health, so study without a liking for it spoils the memory, and it retains nothing it takes in."*

6. Get motivated: Now let's say you want to become a physician. Why are you familiarizing and trying to remember into such uncertain healthcare or scientific terms? For one thing, you might want to be on the top of the class. Or you might want to be well-known in your university. Or you might want to be a excellent physician at some point to help your neighborhood community. Objectives and time-frame nourish inspiration. And inspiration encourages a sharp memory storage. To further encourage yourself, compensate yourself for any projects that you have achieved. Set a particular motivation incentive for every job well done.

For example, treat yourself to your preferred cafe after completing a venture. When you've achieved a larger task, go on a holiday. Just set something satisfying to engage in after completing a certain challenge. Remember: Man by characteristics is a go-getter. He will get whatever he intends for. In a consumption-based and technologically-driven globe, one should have a share or objective to nourish his/her representational ego. By fulfilling or rewarding yourself in every achievements you accounted for, you will desire for more and will create interest on your action. In the process, your interest will make you more effective and powerful.

7. Give your unconscious a psychological command to remember what you want to keep in mind. You may say, "Here, you take note of this and remember it for me!" You'll be stunned at what the unconscious can do for you. Before you can memorize or remember anything, you should be able to understand well through appropriate attention. Use the techniques above and you're well on your way to a clearer memory storage.

### Chapter 3: Basic Memory Storage Resources

No one is born with a bad memory. Unless factors such as your lifestyle, health, or other conditions has affected it, you can sharpen your memory with the proper knowledge and practice. In this chapter, I'm going to discuss the basic concepts of memory.

#### Association

If you want to efficiently remember something, it is necessary that it be regarded in connection, or in association with one or more other things that you already know. The greater the number of other things with which it is associated with, the better chances you will be able to recall it.

Two popular techniques of association are acronyms and acrostics.

An acronym is an invented combination of first letters of the items to be remembered. For example: an acronym commonly used to remember the sequence of colors in the light spectrum is the name ROY G. BIV: Red, Orange, Yellow, Green, Blue, Indigo, and Violet. Sometimes, the acronym can be more familiar than the complete name itself, such as RAM (Random Access Memory)

or SCUBA (Self-Contained Underwater Breathing Apparatus) .

On the other hand, an acrostic is an invented sentence where the first

letter of each word is a cue to the thing you want to remember. For example, Every Good Boy Deserves Fun is an acrostic to remember the order of G-clef notes on sheet music - E, G, B, D, F. An acrostic for the nine planets of our solar system would be My Very Eager Mother Just Sent Us Nine Peaches (Mercury,

Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune, Pluto) .

### Development and Imagination

Images are inner neurological representations that are also used in the

creation of memory storage. They can bring words to thoughts, which can stimulate other photos or images. The development of images seems to help in learning and remembering what has been discovered or knowledgeable in the past.

Images and words can help you remember things by providing images in your head instead of just words or numbers. Let's say, in studying the procedure of cell mitosis or cell department, most of the guides that contain ideas or medical ideas have images to explain circumstances that are sometimes difficult to be seen by the human eye. Another example would be the framework of a viruses or a malware. Visual components and visible resources, therefore, may become directing ideas in studying conceptual or accurately medical ideas.

Another example would be in trying to remember the lines of the music or remembering experiences that you might have study before. In these two illustrations, the remember skills procedure becomes easier if you think about the images conjured by the lines of the music or if you create stunning images in your thoughts as you study or remember a narrative or tale. Imagine the actual situation described by the phrases or sections.

To further intensify your creativity, you have to actually experience what the personality is feeling. If you're studying a tale about a royal prince battling a monster, then experience your durability, the power of your blade, the heat of the fire from the dragon's oral cavity, and even the hug of the queen after saving her from the beast.

Pictures and the development of which, in the procedure of studying or

remembering, can therefore help you in enhancing your memory storage. Here are some of the precious techniques which you can use in accomplishing an creative memory:

1. Understand to think with both words and numbers. For example, in studying a guide, it would be necessary to quit for a while and rebuild the recommended situation within your head. This way, you are also improving the possibilities of not only documenting terminology information but also some of the important intellectual part of remembering, like the renovation of recognized or thought feelings in the mind. The fragrance and flavor of ice cream, the yellowish of a bananas, or the width or slimness of blood vessels described in a criminal activity novel that not only gives chills or enjoyment in studying but also creates your studying encounter more unforgettable.

2. In studying new concepts, associate these concepts with a very particular photo or image that is very personal or appropriate to you. Put some top quality on what you already know or on what is quickly conjured by the mind in experiencing from these words (like in studying a new terminology or subject). Put some personal connection with these terms like understanding the source of their definitions (etymology) or by giving them a tangible icon in your head.

3. If you're studying a very technological guide or concept brochure, what you can do is think about yourself doing the situation recommended by the guide. This is also what we call as vivid studying. Words and phrases become in existence not with their significant relationships but with their correlative value with truth. Actually, composing writing or poems includes a very designed expertise in visuals and psychological applying. Romantics and innovative authors are said to be good not only remembering

information and facts, but also in the development of world's discovered and situation within the brain.

## Clustering

Grouping of information and facts remembering titles/names or figures is very essential in the procedure of preservation. The associative energy recommended by categories or arranged products help us further arrange or give route in recall skills. Coupling words, for example, either synonymously or with their opposite definitions, like "fair" and "square" or "man" and "woman" allows us remember information more quickly because they are not only primarily significant but at the same time comparative to simple words or information that we already know from previous times.

Clustering figures (memorizing phone numbers by threes or by

fours) or in whatever appropriate grouping, is one tendency that results in quick accessibility from these figures/numbers or even word grouping. Clustering is one way we can further enhance our memory storage. Illustrations of these include:

1. Grouping by figures/numbers, shades of color, or under the same classification.

2. Grouping words and ideas by their opposite definitions or through antonyms: (bitter vs. lovely, really like vs. hate)



3. Grouping words into images or through very subjective organization.

Subjective organization relies on the way we remember or arrange our components by our own groups or gadgets. For example, studying a list of new words or vocabularies can be designed through very subjective understanding of these words or groups. The better we arrange or become aware of how we develop a system of information, the better it would be in executing intellectual or psychological projects such as remember skills or program of our memory.

One example of this is food preparation. We may adhere to a formula or process determined by the formula. But the way we prepare food or give significance to the process of food preparation is different from one another. Thus, the process is also similar in getting information and knowledge. It would be better if you:

1. Think of the process of how you fix your problems or in getting the necessary information.

2. Know your potential in the process of studying or remember skills. Are you a individual who easily gets the facts by clustering them into significant groups, or are you a individual who understands better if you adhere to a route or image inside your head?

3. Evaluate the situation, the facts, or encounters. Try to remember the appropriate information and eliminate needless data or information.

"The existence of forgetting has never been proved: We only know that some things don't come to mind when we want them," Friedrich Nietzsche once said.

Being forgetful causes a lot of anxiety in people today, especially with the increasing awareness of memory-related diseases like Alzheimer's. On the other hand, new studies show that the human mind, not traumatized by serious injury or disease, never forgets. Experts say forgetting is not akin to losing information, but more so because there might be slip-up in the way the information was stored or in the way it is being retrieved.

But then, if the problem really lies on information-gathering and retrieval, why do most of us still tend to forget, no matter how hard we rack our brains? We forget where we put those keys, that much-needed item in the grocery list, or worse, those very important answers in an exam that might spell the difference between a passing mark and a failing grade.

A variety of factors contribute to the way our brain stores and supplies information. Although schools of thought and psychology are still debating on how the human mind works, they agree for one thing that memory is affected by our overall experience - from our genes, to the kind of childhood we had, down to the food we ate for breakfast this morning. Some scientists liken the mind to a video camera because of its ability and nature to record everything a person experiences. Thus, looking for a particular event in your past is similar to searching for a scene in a video footage: a person can select the target scene, view it in slow motion or fast forward, even pause or zoom in to a particular detail. It is from this view that techniques to retrieve memory using hypnosis, truth serum, meditation,

therapy and other similar forms come from.

On the other hand, despite the mind's "videographic" eye, it was discovered that the brain does not have perfect archival qualities, just like a video that can collect mold, reduce sharpness, and age gradually. The thought is also just like a computer processor. While it may keep very lots of information, its potential to store information nevertheless has its restrictions. To make way for "new information," the brain reconstructs the saved information every now and then. Thus, activities may not be completely kept in mind. Over time, some components may be missing, information may get unclear or progressively be gone. "Trigger" components such as a music, a picture, or a kind of fragrance may restore a long-forgotten memory storage. Still some pieces of our past can be gone permanently.

1. Corrosion of Memory Records - This is the earliest description regarding failing to remember. Memory is said to have a natural propensity to decay gradually. When a word or a name of person is no longer appropriate, such memory storage product may gradually reduce its important place inside our thoughts.

2. Distortions of Memory - Some encounters may be found or retrieved in a much altered type. Such inaccuracy may lead to a different or incorrect memory storage or may even beat the process of retrieval since what are being utilized are incorrect traces or brings in our thoughts.

3. Disturbance - This encounter may have been a result of in-between circumstances or unmanageable factors during the encounter of studying or trying to remember. This also contains what happens before, during, or after studying. Actions done before a procedure may mix up the preservation

procedure or what specialists call as practical self-consciousness. The more formerly discovered procedure there are, the higher the failing to keep in mind of the new projects or function. However, the more significant the content to be discovered and maintained, the less impact of such practical kind of self-consciousness. On the other hand, an reverse impact happens during the retroactive self-consciousness, in which there are interfering activities happening after a studying interval. Usually, individuals who have to understand a second procedure ignore more of the first than those who are given only one procedure to do. That is why, it would be recommended to expert a particular procedure or expertise before going on to the next project, because maintaining too much details need complicated communications of your memory storage and psycho-motor expertise. Such example is confirmed during the interval of studying how to remember. Motor abilities and various motions are necessary and may sometimes look complicated at first since they need synchronicity.

However as we gradually start learning to put individual physical projects into a natural and specific action, we begin to think in a very accurate and completely structured way. This means we have already discovered or committed to memory different projects and have already put them into order. Therefore, to be able to remember more, one must have expertise of a particular procedure or skills before interesting in other pursuits which need particular expertise.

4. Inspired Forgetting - This is a varying in forgetting --which include the individual's purpose or wish to remember or ignore. People seem to hold back certain remembrances or reduce the procedure of preservation or memory storage recovery. More often remembered are enjoyable activities than distressing ones. Feelings also performs an critical facet in this description regarding forgetting. Some individuals want to ignore encounters that are sad or stressful. This may be a sensible move. If you

spend less time recollecting your problems and downfalls in life, you'll have better potential to maintain the beneficial and essential details in your mind. Because pessimism worsen pressure, you should understand to rest and ignore about previous errors. Previous times is done. Concentrate and maintain only beneficial ideas.

5. Deficiency of Hints or Books - We are able to recover content to the extent that we have clues to emphasize us of it. When we remember something, it is as if we look for our memory storage with the help of clues or guides that point the way to the preferred components. When we forget, it is because we may lack the necessary clues or guides in getting back the details saved in the wide sensory relationship of our mind.

Here are some efficient methods to get over negligence or absentmindedness:

1. Jot down your specific record of "things to do." Group or arrange your projects into categories (and subcategories if applicable). Cross-off actions that you have done and add new projects along the way. If possible, keep your notices in things that are acquainted to you (television, fridge, entry entrance, etc.)

2. Use your creativity and humor. Let's say you have an appointment with a prospective customer, Mr. Anderson, hes arriving Saturday. If you really like to look at TV every evening, think about Mr. Anderson performing like a clown on TV. You may even see him coming right out of the boob tube and saying, "See you on Friday!" To remember Saturday better, you can think about Mr. Anderson on your TV display clothed as a cook and "frying" (Friday) some delightful meals. Come up with crazy pictures that will help you

remember your routine. The more amusing and more exaggerated, the better.

4. Create a visible sign. Let's say you welcomed your manager to supper at your home on Wednesday evening, and you must buy some apples for the dessert you'll be preparing. With your very stressful routine, you can quickly forget to buy it. To aid you in remembering, you may put a package of snacks or a toy spud at the top of your TV or in the center of your home dinning table to remind you of the task that needs to be done.

5. Concentrate and say your task out loud. Have you ever experienced coming up to your buddy because you want to ask something? Next thing you know, you absolutely didn't remember the thing you're going to consult him about. Well, don't panic. Many individuals have been in your situation and you're not alone. With today's stressful way of life, even those with excellent memory storage can forget what they're thinking within a seconds. The remedy here is to pay attention to one process at time, and continuously say out loud what you're going to do: "I'm going to ask David about the guidelines in becoming a member of his team." If in situation you still forgot about what you're going to do, try going back to your hometown where you said the task out loud. Frequently, that particular place would help you to remember your task by connecting that place with what you have said.

6. Don't hesitate. If you have a certain action that needs to be done, get it over with as fast as you can. When you need to pay your expenses, do it now before it becomes late and before the interest fees kick-in. If you really can't be attend to it now, then use your creativity, visual reminders/pointers, or other beneficial tools to remember it.

7. Get a partner. Some individuals residing in solidarity can become absentminded and can experience forgetfulness. That's because they don't have anyone to talk to, so their psychological potential is restricted and not utilized well. Having a intelligent partner to talk various subjects with, and to discuss your information and encounters with, can improve you memory storage. They can even act as your back-up. Just tell them to remember something and you'll have another memory storage operating as your representative. Just be awesome to your buddy.

### Chapter 5: Memory Storage and Your Feelings

Did you know that the impressions received from your five senses of sight, hearing, taste, touch, and smell have a significant role in the retention of information in your mind? These are called Memory of Sense Impressions. However, when you come down to a systematic analysis of sense impressions retained in the memory, you'll find that the majority of such impressions are those acquired through the two respective senses: sight and hearing.

We are regularly training our feeling of sight, and getting a large number of different sight impressions every time. But most of these opinions are insignificantly documented upon the memory storage, because we provide them with little attention or interest.

Before the memory storage can be saved with sight impressions, before the brain can remember or keep in mind such impressions, the eye must be used under the direction of the attention. We think that we see things when we look

at them, but actually we see only a few things, in the feeling of applying obvious and exclusive impressions of them upon the deep unconscious. We look at them as a whole rather than see them in details.

For example, there was a man who was assaulted by a robber. The man had a near perspective of the thief's face. When the victim went to the nearby police place/station to review the regrettable occurrence, he was requested by the cops man to explain or describe the criminal in detail. The victim, although having a near perspective of the man's face, was incapable to provide an precise information to the cops. He was incapable to understand well because he's in a condition of anxiety and shocked while the robber was fighting him.

This is a situation of "looking without seeing." The way to exercise the brain to get obvious sight-impressions, and therefore to maintain them in the memory storage, is basically to concentrate the will and attention upon things of sight, seeking to see them basically and distinctly, and then to exercise remembering the facts of the item some time afterwards.

Will and attention would not be efficient if not along with interest. You must have the wish or interest to really work task at hand. Move your psychological concentrate, through will and attention along with interest, to get over the simple "seeing and observing" phenomena. To be able to remember the things that successfully pass before your sight, you must start to see with your thoughts, instead of just looking with your sight. Let the impact get beyond your retina and into your thoughts. If you will do this, you will discover that memory storage will "do it's thing."



## Paying attention to Impressions

Many sounds reach the ear but are not maintained by the brain. We may pass along a loud road, the wave of many sounds to be attaining the anxiety of the ear, and yet the brain allows the sounds to be of only a few things, particularly when the unique of the sounds to be has passed away. It is again a issue of attention and interest in this case.

To obtain the faculty of correct hearing, and correct memory storage of things observed, the psychological staff of hearing must be worked out, qualified and designed. It is a proven fact that the brain will listen to the faintest sound from things in which is based attention and interest, while at the same time neglecting things in which there is no interest and to which the attention is not converted. A resting mom will awaken at the least cry from her child, while the growing audio of percussion in a celebration, or even the shooting of a gun in the area may not be observed by her. A experienced doctor will identify the weak sound to be showing a breathing or heart sickness in patients. However, these same individuals who are able to identify the weak variations in audio, above described, are often known as "poor hearers." The purpose is because they listen to only that in which they are fascinated, and to which their attention has been redirected. That is the whole key, and in it is also to be discovered the key of training of the ear-perception. The solution for "poor hearing," and difficulty in remembering things of things heard-- relies on your level of attention and interest.

The purpose that many individuals do not remember things --that they have heard is simply because they have not took in effectively. One cannot pay attention to everything, as it would not be recommended. Persons who have inadequate remembrances of ear-impressions should begin to "listen" carefully. You will discover the following strategy

helpful :

Try to remember phrases, words, or sentences that are verbal to you in a discussion. You will discover that the attempt made to mark the phrase on your memory storage will result in a concentration of the attention on the word of the presenter. Do the same thing when you are listening to a instructor, musician, acting professional, or presenter. Pick out the words to remember, and make a decision that your memory storage will get the impression quickly and maintain it well. Pay attention to the small pieces of discussion that come to your hearing while strolling on the road, and aim to remember a phrase or two, as if you're going to associate them to another person. Research the expression and inflections in the comments of individuals discussing to you. You will be astonished at the facts that such evaluation will expose.

Listen to the tones of various individuals and strive to differentiate the differences in audio between them. Have your buddy study a line or two of poems, and then try to remember it. Keep doing this and you will considerably create the power of non-reflex/voluntary attention to sounds and verbal words. But above everything else, exercise duplicating the words and sounds that you have committed to memory, as many times as possible. By doing this, you will get the brain into the habit of taking attention in it in audio impression.

### 2-in-1 Combo

In some cases the impressions of vision and audio are joined up with together, as for example in the case of words, in which not only the audio but the form of the characters composing the phrase, or rather the word-shape itself, are

saved away together, and consequently are far more easily remembered or kept in mind than things of which only one feeling impact is documented.

Teachers of memory storage use this information as a means of assisting their students to remember words by speaking them loudly, and then composing them down. Many individuals remember titles/names in this way, the impression of the written word being included to the impact of the audio, thus increasing the potential.

The more impressions that you can make regarding a thing, the greater the possibilities of easily remembering it. Furthermore it is essential to attach an impression of a sluggish feeling, to that of a more powerful one, in order that the former may be committed to memory. For example, if you have an excellent eye memory storage, but a bad ear memory storage, it is recommended to attach your audio impression to the sight impressions. And if you have a bad eye memory storage but an excellent ear storage, it is essential to attach your vision impression to your audio impressions. In this way, you take advantage of the law of organization.

## Chapter 6: How to Keep in mind Remembering Names and Faces

You have probably heard a similar statement that says, "The most

beautiful word an individual can ever hear is his or her own name being called by another person."

However, this poses a great threat to people who have trouble remembering names, especially those who are frequently attending important business meetings and gatherings. If someone approaches you and called you by your first name, wouldn't it be embarrassing if you don't reciprocate by saying his or her name back? And of course, it's more humiliating to directly ask his or her name when that person expects you to know it.

The same thing stands true for remembering faces. Wouldn't it bother you to have met successful entrepreneurs in a gathering, only to forget how they look like when you get home?

More often than not, the difficulty in remembering names and faces is caused by the fact that names and faces in themselves are uninteresting, and therefore do not pull in or hold attention as do other objects presented to the mind.

Here are effective strategies to help you remember names and faces easily:

1. Instead of merely paying attention to the weak sounds of a name, concentrate on hearing it clearly and concentrate on strongly implanting it on your memory.

2. Continuously say the name many times over in your thoughts. If possible, use the name as often as possible. You can tell your friend now, and then your sis later: "I've just met Jake Smith." You can also make a statement about his name: "I have a former classmate known as Indicate Smith who is very excellent in electronic devices. Do you know him?"

3. After paying attention to the name, jot it down several times. By doing this, you are obtaining the advantage of a dual senses impressions, including eye impact to ear impact.

4. When you listen to the name of a individual being spoken, look purposefully at the individual keeping it. By doing this, you are connecting the name and the face together in your thoughts at the same time. So when you forget the name, just remember the face and you might have a excellent possibility of remembering it.

5. Think about the name as an object in your thoughts. See the name's letters in your mind's eye, as an photo or image. Embellish it as much as you can. Think about the name "Smith" in your thoughts as a big furry object with 3 eyes and with pikes all over it. For a better image, visualize Mr. Smith himself raising the massive word "Smith" over his head, like a weightlifter raising a weights. The more exaggerated or comical, the better possibilities it will get trapped in your thoughts.

6. Link a new personal with a well-remembered personal of the same name. Associate a new Mr. Copper with an old customer of the same name. When you see the new man, you would think of the old one, and the name would display into your thoughts. You can even visualize the 2 Copper's connected to each other like Siamese Twins, to induce the believed that they have the same name.

7. Remember the weather or atmosphere. Remembering what you faced or what you did, when you met a personal, could induce remembrances of how he or she was presented to you, how he or she seemed like, and other things regarding the person.

8. Analyze the distinctive features of the person's face. Notice what makes that individual stand out or different from the rest. You may notice the eyes, nose, ears, lips, hair, or other parts of the face. Such notice and recognition tend to induce an interest in the subject of features. It forces you to focus on the person's face the first time you meet him or her. Right now, you know the importance of having interest to remember things. If you were introduced to a man who would pay you over \$500 on your next meeting, you would be very inclined to memorize his name and to study his face carefully to recognize him, as opposed to a man who has nothing to give to you.

9. Link a name with a visual object. Let's say you just met Mr. Quinn. To remember his name, you can visualize a land full of queens (Quinn). Imagine the queens dressed in elegant dresses and wearing shiny crowns with big jewels. If Mr. Quinn is interested in basketball and you want to remember that too, then imagine the queens wearing basketball uniforms over their elegant dresses, and shooting hoops. And if Mr. Quinn is also a doctor, then visualize the queens in basket ball uniforms, having large stethoscopes around their necks, shooting hoops. You can even imagine the queens saying in a bugs bunny-like way, "Nyieh. What's up doc?" The funnier, the better. Here's another example, but this time with a longer name. Let's say you've been introduced to Mary Bennetton. Now how do you remember "Bennetton?" You can divide it into "Bend-a-ton." Imagine a large piece of metal with the words "1 ton" engraved at all its sides bending like a soft pillow. You can exaggerate it a little bit by making that piece of metal cry in agony as the bending is taking place. If Ms. Bennetton is a tennis player, you can imagine the bending piece of metal having tennis rackets stuck on top of its head.

10. Imagine the faces of individuals you have met during the day, at night. Try to create the faculty of imagining their features to exercise your capability. Draw them in your thoughts and see them with your mind's eye, until you can visualize the features of very old buddies. Then do the same with associates, and so on, until you are able to imagine the features of every one you know. Then begin to add to your list by remembering the features of unknown people whom you met. By a little exercise of this type you will develop a great interest in faces and your memory of them, and the power to recall them will improve quickly.

11. Make a study of titles/names and faces. Start a selection, and you will have no problems in creating a memory storage for them. A wise decision would be to evaluate pictures in details, not as a whole. If you can provoke sufficient attention in titles/names and faces, you will be more prone to remember them.

### Chapter 7: How to Keep in mind Remembering Numbers

In almost everything we do, there are figures/numbers engaged - telephone numbers, bank cards and ATM figures/numbers, zip codes requirements, security passwords, computations, and many others! Whether you really like them or you dislike them, numbers are here to remain. To be able to deal with today's stressful way of life, you have to be able to remember a lot of figures/numbers, or you'll end up getting all puzzled and unorganized.

Contrary to words that can be associated with an object,

figures/numbers are challenging to remember-- because they are subjective. If I say think of a pen, your thoughts instantly visualizes the pen. But if I say 7324, you will have difficulties putting it to memory storage.

In this section, you'll be trained various memory storage methods to remember figures/numbers better so you can perform your regular business dealings faster and more effectively.

### Senses

Your feelings, particularly the sight and hearing, may confirm to be efficient in remembering figures/numbers. Here's how it works:

Repeat the numbers several times to yourself. It may be challenging for you to remember a number such as "2589" as an subjective thing, but simple for you to remember the audio of "twenty-five-eight-nine." You may also imagine the number. Jot it down several times to lodge it to your memory storage bank. An even better concept is to develop a stunning picture of that number for better memory storage preservation. Visualize "2895" magnificently set out on a commercial in huge dimensions and lustrous shades, with items of jewellery all around it. The numbers just follows you wherever you go. You see it everywhere. It's on your bathing room reflection, on the TV display, in the fire position, it just won't let you go! You can even accentuate the picture by creating a jingle or motto like "2589, I like you to jive!"

You may forget that the numbers of a certain home or workplace is 2589, but you may quickly remember the audio



of the spoken words "two-five-eight-nine," or the way of "2589" as you see it on the entrance of the place.

## Association

The Law of Association may be used advantageously in memorizing numbers. For instance, one might remember the number 189,000 (the number of miles per second traveled by light-waves in the ether) by associating it with the number of his brother's former place of business, "189." Another person may remember his zip code "60624" by recalling the date of the BBQ.

## Turning Numbers to Words

One very common yet practical technique to remember numbers is to transform them to words. Probably the easiest way to do this is to assign each number 1 to 9 a letter equivalent: A=1, B=2, C=3, D=4, and so on. Using this technique, 742 turns into GDB. The letters GDB doesn't make much sense, so you have to turn it into an acrostic. How about "Great Dancing Bellies?" The next time you want to recall 742, just recall "Great Dancing Bellies" and convert the first letters of each word back to their number equivalents. If you think the phrase "Great Dancing Bellies" may still slip your mind, create an image of fat tummies dancing merrily to the beat of the drum. Here's another example. If you need to remember your system password which is 135, then you may imagine your computer "Allowing Cute Entrance" to someone as adorable as you.

## The Photo Code

Using this technique, you assign an image to each number 1 to 9 that is similar to its appearance. See how the numbers below look like the objects they are representing:

0 = ball

1 = magic wand

2 = swan

3 = fork

4 = sailboat

5 = seahorse

6 = bomb

7 = crowbar

8 = hourglass

9 = balloon

Memorize all the symbols above and their number equivalents. If you find that these symbols do not stick in your mind, then convert them to something that you can remember better. After memorizing the images, you can begin using this method.

Let's say you want to remember the street number of your friend's home, which is 289. You can then visualize a swan (2) swimming with an hourglass (8) at its back; and tied to the hourglass is a big red balloon (9). Or let's say you want to remember 471. You can imagine a sailboat (4) with a crowbar (7) hanging at its side; and glued to the crowbar is a long wand (1).

The Bulk of Memory System

This method is a bit complicated and detailed; but once you get the hang of it, you can remember long strings of numbers and you can even impress your friends! In this method, each number is assigned a consonant or a consonant sound based on the following:

0 = s, z, soft-c ("z" is first letter of zero)

1 = t ("t" is similar to a 1 with a line through it)

2 = n ("n" has two bars)

3 = m ("m" has three bars)

4 = r ("r" is last letter of four)

5 = L ("L" is Roman numeral for 50)

6 = j, sh, ch, soft-g ("g" is 6 rotated 180 degrees)

7 = k ("k" looks like two 7s rotated and pasted together)

8 = f, v ("f" written in cursive has two loops similar to 8)

9 = p, b ("p" and "b" looks like 9 in different angles)

Here's how this system works. Get the consonant or consonant sounds of the numbers, and add vowels between them to form a group of words, phrase, or sentence.

Let's say the phone number you want to remember is 854-0341. Convert that to "flr-smrt." Add some vowels and you will come up with something like "flower smart." The next time you need to access that phone number, just remember "flower smart." You can even add a dash of visualization and humor by imagining a flower with thick glasses and a diploma, reading "Theory of Relativity."

## List of Memory Words

Let's take the Major Memory System to the next level. (Refer to the table in the previous lesson) What you're going to do with the consonants or consonant sounds is to make a list of words that relate to them. Let me give you some samples below:

1 = t = toe

2 = n = Noah

3 = m = Ma

4 = r = rat

5 = L = Law

6 = j = jaw

7 = k = key

8 = f = fee

9 = p = pea

0 = z = zoo

What about numbers with double digits? The word must start with the consonant representing the first number, and must end with the consonant representing the second digit.

Examples are below:

10 = ts = toes

11 = tt = teeth

12 = tn = tin

13 = tm = Tom  
14 = tr = tire  
15 = tL = tail  
16 = tg = tag  
17 = tk = tack  
18 = tf = Tif  
19 = tb = tub  
20 = ns = nose

These list of memory words will help you associate something with a number. For example, you made a list of things to do at your house and task number 7 is cleaning the refrigerator. Connect the key (assigned image of 7) with the appliance. You can visualize a large key stuck in your refrigerator door. If task number 9 is cleaning the toilet, you can imagine lots of peas (assigned image of 9) floating in the toilet bowl.

This advanced tool can be pretty helpful in remembering items that are arranged in chronological order. For example, in the Ten Commandments, you want to know Commandment Number 4 (Respect thy father and thy mother). So you visualize your parents in elegant clothes holding white rats in their hands.

Once you've become familiar with the words you've made up to represent the numbers, you'll be able to recall any item on a list just by hearing its number, regardless of the arrangement.

But how many words should you create? That depends on your

necessity. Many people have a list of a hundred words. Although that may seem extensive, as long as you know the consonant or consonant sounds representing each number, you have nothing to worry about.

## Recalling Dates

The Major Memory System, combined with a witty visualization, can also be used to remember special dates.

Let's say you need to remember your friend's birthday, which is May 11. You can visualize your friend with a birthday hat asking "May I clean your teeth?" ("Teeth" represents the number 11, see table above).

How about if you want to remember a party scheduled on Sunday at 4:00 p.m.? For days of the week, you may assign a number for each. (e.g. Sunday = 1, Monday = 2, Tuesday = 3, and so on).

Now we do the translation: 14 (1 being Sunday and 4 being 4:00 p.m.) For 14, we've assigned the image of tire. A visualization of a wild party with tires being thrown everywhere would be a great reminder that you have a party on Sunday at 4:00 p.m.

What if it's 4:30? Or 4:15? Well, simply use the words quarter, half, and three quarters to represent the different parts of an hour (15 minutes past, 30 minutes past, and 45 minutes past). Then you can inject it into your visualization.

For the example above, you can include quarters being

showered (aside from the tires) if the party starts at 4:15. What if it's 4:25? Choose the nearest quarter hour so you won't be late!

### Remembering Channels

You can sometimes end up confused over the many TV channels that we have nowadays; therefore, you may forget some or a lot of them. Here's how to solve this dilemma:

Let's take NBC (National Broadcasting Company, Channel 7) for example. You can turn the letters NBC into an acrostic like Naughty Big Cats. Visualize the largest unusual cats you've ever seen, with bright green eyes and the longest tails possible, running wildly all over the place. To remember 7, convert it into its word equivalent which is "key." So to remember that NBC is channel 7, imagine Naughty Big Cats playing around with large, shiny keys.

### Chapter 8: How to Keep in mind Remembering Places

Different individuals have different capabilities. Some are given with the present of direction. They are the ones who never forget how to reach a place of location, no matter if they have to go through a labyrinth-like direction to get there, and even though they've only been to that place once.

However, there are many individuals who do not have that eager feeling of direction. These are the individuals who just can't seem to remember the places they've went to, even if they've been to these places several times before. Well, there's no need to get disappointed.

The first idea necessary to create a feeling of direction is to have an in-depth interest in the places. You should begin to "take notice" of the direction of the roads or roads over which you journey - the landmarks; the changes of the street, even the organic things along the way. Learning maps could help in awareness a new interest in them.

One of the first things you can do, after stimulating interest in it, is to properly observe the attractions and comparative roles of the paths or roads over which you journey. So many individuals journey along a new street or neighborhood in an absent-minded way, neglecting the functions of the area as they continue. This is critical to place-memory. You must observe the thoroughfares and the things along the way. Stop at the combination/cross roads, or the street-corners and observe the attractions, and the common guidelines and comparative roles, until they are strongly maintained on your thoughts. When you go running or strolling, begin to see how many things you can remember. And when you go back home, go over the journey in your thoughts, and see how much of the route and how many of the attractions you are able to remember. Take out your pen, and create an effort to create a map of your schedule, providing the common guidelines, and observing the street titles, and unique features of things along the way.

Then as you journey along, evaluate places with your map, and you will discover that you will take an entirely new interest in the journey. You will see that you can now observe things you were not able to identify before.



## Keeping in thoughts of Directions

It may be challenging to keep in thoughts guidelines because of too many pieces of repetitious, different information being fed into your thoughts. If you're going to keep in thoughts a lot of left and right turns among all the streets you'll be journeying, possibilities are, you will get completely puzzled.

What you have to do is to ask for a landmark. If your friend informs you to "turn right after the third block," you can ask what landmark you will see when you turn right. If your friend solutions that it's a barber store, then you will certainly know what block you will turn right to.

Another situation would be on how to keep in thoughts all the "lefts" and "rights." The remedy is easy. You can turn "left" and "right" into clear pictures that signify these words. For example, you can use "lizards" for left and "rats" for right. So if your friend informs you to "turn right after the third block," you can think about huge fuzzy mice scurrying all over the barber store. If you can embellish it further, like imagining the mice in eye wear and mobster outfits, you can remember it even better.

## Keeping in mind Addresses

You can also use the techniques you've formerly discovered in remembering details. For example, you want to keep in mind 32 Cottonwood Road. You can convert 32 into moon (3 = m, 2 = n, then add vowels). Then for Cottonwood, you can imagine a huge cedar of dance timber with pure cotton all

over its whole body, consuming pure cotton sweets. Then link everything together. How about that huge cedar of timber with pure cotton all over its whole body, sharing and providing some pure cotton sweets to the shiny circular moon. Can you see them connected together so carefully that they look like an ideal couple?

For bigger figures/numbers like 142, you can convert that to train (1 = t, 4 = r, 2 = n). You can imagine that cotton-covered timber driving a very happy train while they're performing a vibrant music together. See? Not only do these techniques help you to remember, but they are fun to do. Just keep on exercising. And don't think this is a task. Have fun visualizing things and you'll end up with a far better memory storage than ever before.

## Chapter 9: How to Keep in mind Remembering Activities or Events

Can you still remember what your morning meal was 3 days ago? Can you remember what your manager announced yesterday regarding the company's new objective statement?

Don't panic if things like these evade your memory storage. You're not alone. Sometimes, we become too immersed with a lot of our everyday obligations that we usually forget activities or events we haven't compensated much interest to.

If you will give to the situations of each day a psychological evaluation in the evening, you will discover

that the act of examining will interact with the interest to register the activities in such a way that they will be available at any time for upcoming recovery.

Let this work be done in the evening, when you are comfortable. Do not do it after you retire. The bed is created for rest, not for thinking. You will discover that the unconscious will wake up to the point that it will be known as upon later for the information of the day, and will "take notice" of what happens, in a far more persistent and trustworthy way.

Try this work-out. Sit down alone one evening and invest 15 minutes attempting quietly to remember exactly the essential events of the day. You might discover that you could remember only a little at first. You may not even remember what you had for morning meal. But after a few times of working-out, you will discover that you could remember more. Events will come returning to you more accurately and more clearly than at first. If possible, correspond with individuals near to you, the activities of the day instead of remembering them to yourself. If the individuals you're pertaining the activities to are enthusiastic about them too, you would become more inspired to keep in mind remember them.

## Chapter 10: Other Memory Storage Resources

Just when you thought you already know a lot of memory storage tools and

techniques, we have more in store for you in this section.

## Memory Organization

Being unorganized can surely take up a lot of your time, and it can

negatively affect your performance. Your memory storage works the same way. Much like files in a computer processing motherboard, you can also make psychological files to maintain details in an structured manner.

How do we do this? We make psychological files out of aspects that we can never forget or that are saved in our long-term memory storage, like days of the week and areas of one's whole body. For this example, we shall take the areas of one's whole body which are the hair, eyes, nasal area, mouth, shoulder area, chest area, belly, hip and legs, ankles, and foot. Please take note that you can choose other areas of one's whole body that are more familiar to you.

Let's say you have a list of projects to do. If process number 1 is watering the plants, you can imagine your hair having flowers and leafs growing all over it. The flower in your hair are gladly dancing about as they are experiencing the fresh feeling of water being bathed upon them. If process number 2 is cooking deep-fried poultry for dinner, you can imagine your visitors to be formed like whole poultry. The poultry looks so luscious while being deep-fried to perfection.

Do this with the rest of your projects. Allocate a process to each file directory and make an exaggerated and comical creation for it. Have fun.

## The Tale Method

This technique needs the development of a whole story, but it doesn't have to be comprehensive as long as all the things to remember are involved in the tale. It determines a relationship between all the things, where the series of activities are simpler to remember in mind.

For example, your best buddy asked for you to provide these 7 recipes on his luxurious homecoming celebration, namely: prawn, crab, green spinach, fish, cook meat, rice, and pizzas. To Remember them, you can come up with a identical story like this: The prawn and crab were strolling side by side until the green spinach came and screamed at them to pay their financial obligations. Salmon and cook meat came along to break up the fight, but rice and pizzas showered them all with a normal water hose because of the interfering and disturbance being created.

It doesn't matter if your story appears to be foolish. You're not composing a guide or review anyway. And remember, the sillier the tale, the simpler it is to remember.

### The Information Association

We are constantly obtaining products of details regarding all types of topics, and yet when we wish to gather them, we often look for the process rather challenging, even though the unique impression were quite obvious. This is because we have not effectively categorized and listed our pieces of details, and do not know where to start to look for for them. It is like the misunderstandings of the business owner who kept all of his documents in a file cabinet, without cataloging, or order. He realized that "they are all there," but he had hard work to discover any

one of them when it was needed.

When you wish to consider a reality, ask yourself the following concerns about it:

1. Where did it come from or originate?
2. What triggered it?
3. What record or history has it?
4. What are its features, attributes and characteristics?
5. What factors can I most easily affiliate with it? What is it like!
6. What is it excellent for—how may it be used—what can I do with it?
7. What does it prove—what can be deduced from it?
8. What are its organic results—what happens because of it?
9. What is its future; and its organic or potential end or finish?

10. What do I think of it, on the whole— what are my common impressions regarding it?

11. What do I know about it, in the way of common information?

12. What have I observed about it, and from whom, and when?

If you will take the effort to put any "fact" through the above rigid examination, you will not only connect it to thousands of practical and acquainted other facts, so that you will remember it easily upon event, but you will also make a new topic of common details in your thoughts of which this particular reality will be the central thought.

The more other facts that you handle to affiliate with any one reality, the more pegs you will have to take that reality into the area of awareness and the more combination indices will you have whereby you may "run down" the truth when you need it.

## 7 Concepts of Memory

The principles below may be used to every part of your everyday life: at home, at school, at work, and in your spare time. Know that memory storage definitely includes studying, and both are free of charge actions for better success and accomplishment in our modern world.

1. Students understand from their actions. Thus, student errors should be minimized to experience better memory storage and expertise of abilities.

2. Learning is most efficient when appropriate reactions are reinforced immediately. Reviews should be useful and fulfilling whenever the reaction is appropriate as mentioned above regarding memory storage and inspiration. Penalties may be efficient if used but details also reveals that it may also restrict studying than increase studying and memory storage enhancement. It may momentarily reduce an wrong reaction, but the reaction tends to come back when the punishment stops. Penalties can also be psychologically troublesome and may become an interfering intellectual dissonance in the process of studying and saving of details. For example, children who are penalized for making a mistake while studying loudly may become so disappointed and diverted by the punishment that they will make more errors.

3. The regularity of encouragement decides how well a reaction will be discovered and maintained.

4. Exercising a reaction in a wide range of establishing improves both preservation of details and the transferability of these details into other information. This means one may include a continuous rethinking of concepts or picture the self in a sensitive action (silently speaking with yourself to be able to generate aware response) so they can improve better memory storage.

5. Inspired circumstances may impact the potency of positive thinking and memory storage and may play a key part in improving the level of efficiency in memory storage preservation.

6. Significant studying is more long lasting and more transferable than committed to memory studying. Knowing what is committed to memory is better than just practicing



how to become a good memorizer.

7. People understand more successfully when they understand at their own speed.

## Conclusion

At this point, you've discovered a lot of methods for trying to remember things factors more effectively: developing stunning and crazy pictures, making organizations, transforming figures/numbers to image words, and many others.

Remember, there is no "right" or "wrong" way to remember something; the concept is to simply take the information and methods you've already discovered and adjust them to the particular process or action at hand.

But above everything else, I motivate you to exercise trying to remember things every day. Consider this: If someone instructs you how to drive a vehicle, and you research the car user guide properly, and understand completely everything there is to know about driving a car, that does not mean you can leap in a car and start driving completely in town center 'Chicago, IL'! You know what you need to do. Keep on exercising the memory storage methods you've discovered until they become second nature to you. Look around you and find things to remember, such as your cousin's contact number, your preferred candy processor biscuit formula, the recall of your favorite TV characters or Tv Channel, the terminology words in your university

technology publication, your Social Security Number or permit, or whatever! Go for it, and make sure to have plenty of fun!

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