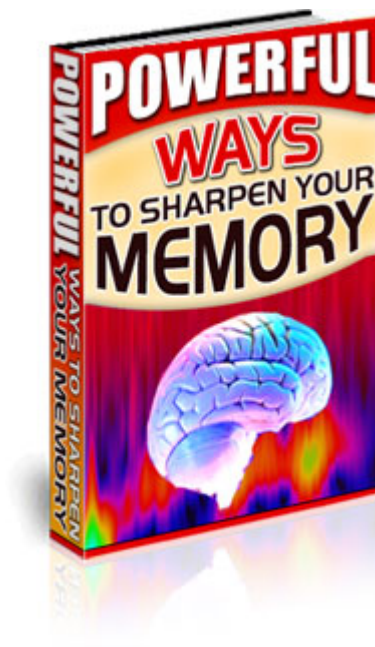


Powerful Ways to Sharpen Your Memory



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Introduction

A good memory is truly important for anyone to possess. Your memory of faces, names, facts, information, dates, events, circumstances and other things concerning your everyday life is the measure of your ability to prevail in today's fast-paced, information-dependent society. With a good memory, you don't have to fear forgetting/misplacing important stuffs and you can overcome mental barriers that hinder you from achieving success in your career, love life, and personal life.

The first steps to improving your memory are understanding just how your memory works and some external factors that can have a significant influence on your memory.

How your memory works

Your memory is composed of complicated neural connections in your brain which are believed to be capable of holding millions of data. The ability of your mind to retain past experiences in a highly organized manner gives you the potential to learn and create different ideas. Your experiences are the stepping stones to greater accomplishments and at the same time your guides and protectors from danger. If your memory serves you well in this respect, you are saved the agony of repeating the mistakes of the past. By remembering crucial lessons and circumstances, you avoid the mistakes and failures made by other people.

Unless you have an illness or handicap, a poor memory is often attributed to lack of attention or concentration, insufficient listening skills, and other inherent bad habits; however, it can be honed and developed using the right methods.

Many people believe that their memory gets worse as they get older. This is true only for those who do not use their memory properly. Memory is like a muscle - the more it is used, the better it gets. The more it is neglected, the worse it gets. This is the reason why older people have more trouble remembering than younger ones. However, people increasing in age can overcome this dilemma

and can even further improve their memory by continuing their education, by refining their minds, by keeping themselves open to new experiences, and by keeping their imagination working. An important thing to realize is that different people have various ways of learning. The way in which people learn is often a factor determining the subjects they choose to study, instructors they relate to, and careers they select.

Memorization or retention of data operates by loading images, sounds, taste, smell, and sensation (touch) in a very organized and meaningful combination in our brain. There are three types of memory.

Sensory Memory is where temporary information is briefly recorded. Images such as a picture in a magazine and the design on your customer's clothing are momentarily stored in the sensory memory. It will be quickly replaced by another sensory memory unless you do something to retain it.

Short-term Memory, characterized by 20 to 30 seconds of retention, involves a limited amount of information, and is necessary in traditional processing of experiences and ordinary data gathering (everyday sensation and perception). For example, you were taught by your professor some great techniques on how to easily solve complicated Math problems. The next time you take a Math exam, you may possibly remember some of the formulas, but it's doubtful you'll be able to recall and apply all the methods being taught.

Long-term Memory involves consolidation and organization of complex knowledge and information for further reference and other cognitive (mental) processing such as the application of learning or information into meaningful experiences. Examples would include your birthday, your father's name, and your home's appearance.

Short-term and **long-term memories** are concerned with how you continually organize data that are stored in your brain. In short, human memory is like a vast and complicated yet organized library, rather than a trash can or disordered store room.

You Are What You Eat

It is often said that your brain is probably the greediest organ in your body, and it requires a very specific type of nutrition from your diet. It shouldn't be surprising then that your diet affects how your brain performs, and it performs well with a steady supply of glucose. Before you go out of your house in the morning, it would be great if you can give your brain the fuel it needs by eating a hearty breakfast. A salad packed full of antioxidants, including beta-carotene and vitamins C and E, should also help keep your brain in tip-top condition by helping to reduce damaging free radicals (damaging molecules). As you grow older, your brain has lesser capacity to defend itself from daily threats like free radicals, inflammation, and oxidation. That's why aging people need more nutrition than younger ones.

Free radicals are like cavities to your teeth; they slowly build up if they're not cleaned out. As the brain cells grow older, they sometimes stop communicating with each other. As an effect, it slows down essential processes like thinking, short-term memory retrieval, and regenerating new cells. Therefore, anti-oxidants are essential to maintain not only good health, but a good memory as well. Good sources 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

Studies show that fatty food that causes atherosclerosis (clogging of arteries) are also the same type of food that disrupts neural activities. Cut back on the fat and replace it with foods rich in anti-oxidants. Nothing will replace a well-balanced meal, but to make sure that your body doesn't lack any of its nutritional needs, it would be a good idea to take food supplements. As the name implies, they're supplements, and not replacements.

Scientific research also indicates that eating fish can indeed sharpen your memory. Most fish fat contains the polyunsaturated fatty acid DHA, which

performs a significant part in the brain development of young children. Tests show that kids who consume adequate foods containing DHA score better on IQ tests than those who take lesser amounts of DHA. Fish also contains omega-3 fatty acids which opens up new communication centers in the brain's neurons. This allows your mind to operate at its peak performance.

Another significant finding suggests that smoking can affect the ability of the brain to process information properly. Chain smokers have higher risks of impairing their visual and verbal memories. So the next time you think of smoking, remember that it's not only dangerous to your health, but you are sacrificing your memory functions as well.

Caffeine and alcohol causes anxiety and nervousness. This may hamper information from properly entering your mind because memory works best when you are relaxed and focused.

Reduce Stress

Medical researches show that people who are always anxious produce "stress hormones" like cortisol, which damages brain cells. Make it a point to do something that will relax you everyday.

Cardiovascular exercises like walking improves blood circulation and are good for the heart and brain. Research also indicates that walking helps release hormones that aid in regenerating new brain cells. So get up and get moving. Not only will you be getting a fit and healthy body, but you'll also sharpen your memory and improve your creativity.

Just like any muscle, you also need to exercise your brain so that it doesn't deteriorate. Engage in games that will help you think. Talk to people, read informational books, listen to educational tapes, and make it a habit to continuously learn and experience new things. Remember that when your neurons die, they don't come back to life anymore. So you better use them, or you'll lose them.

Chapter One

Attention

Before you can expect to remember or memorize a thing, that thing must have been impressed clearly upon the records of your subconscious. And the main factor of the recording of impressions is that quality of the mind that we call **Attention**, which is the ability to focus and give meaning to a particular data or stimulus.

Our capability to process information is somewhat limited. Therefore, we must constantly select and decide which data are relevant and which are not. Stimuli or sensations that you perceive and organize into meaningful thoughts are selectively analyzed by your brain. If the stimuli or data is relevant or applicable for further use or access, your brain transfers this information to the long-term storage center. However, for this to happen, attention must take place

One of the most common causes of poor attention is the lack of interest. You are more inclined to remember the things in which you have been most interested, because in that emanation of interest there has been a high degree of attention exhibited. A person may have a very poor memory for many things; but when it comes to things in which his interest is involved, he often remembers the most intricate details. This is called involuntary attention. This type of attention does not require special effort or exertion because it follows upon interest, curiosity, or desire.

The other type of attention is called voluntary attention. This form of attention is granted upon objects not necessarily interesting, curious, or attractive. This requires the effort and usage of the will.

Every person has more or less involuntary attention, while only a few possess developed voluntary attention. The former is initiated by instinct, while the latter comes only by practice and training.

For attention to take place, you must diligently practice the art of voluntary attention. Here are some successful strategies to help you acquire this essential skill:

1. **Turn your attention upon some uninteresting thing and study every detail until you are able to describe them.** This will seem boring or tiresome at first but you must stick to it. Do not practice too long at a time at first; take a rest and try it again later. You will soon find that it comes easier, and that a new interest is starting to manifest itself in the task.
2. **Eliminate distractions.** Even though you may have heard of multi-tasking, it is very difficult for people to do more than one thing at a time. As much as possible, avoid any possible distractions such as TV, radio, or other people chattering.
3. **Retain focus and concentration in the process of learning or memorization.** Let's say you're busy preparing for an important presentation tomorrow. A new employee was introduced to you while you are working. In this case, there would be much less chance for you to remember anything about that new employee because you are concentrating on something else which you regard as more urgent or important. If you want to remember something well, shift your focus on that one thing and willfully commit it to memory.
4. **Keep track all of your thoughts.** Whenever you become aware that your thoughts are losing, yell "STOP!" in your mind. This will bring your drifting to a halt and redirect your attention to what needs to be done. Remember that good concentration breeds good memory. If you find that your thoughts are traveling, be conscious that your attention is drifting.
5. **Get interested.** To have good memorization skills, you should also like what you are doing. To vividly memorize a visual, an image, or even text, engage yourself into it. You should put your heart in every activity you're working and doing. If you don't like to engage in a certain activity, there's a slim chance for you to remember aspects about it. As 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.** Goals and timeframe nourish motivation. And motivation promotes a sharp memory. To further motivate yourself, reward yourself for any tasks that you have accomplished.
7. **Give your subconscious a mental command to bear in mind what you want to remember.** You may say, "Here, you take note of this and remember it for me!" You'll be astounded by what the subconscious can do for you.

Before you can memorize or remember anything, you should be able to perceive well through proper attention. Use the methods above and you're well on your way to a sharper memory.

Chapter Two

Basic Memory Tools

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.

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).

Visualization and Imagination

Images are internal sensory representations that are also used in the creation of memory. They can bring words to mind, which can arouse other images or pictures. The formation of images appears to help in learning and remembering what has been learned or experienced in the past.

Images and words can help you in remembering things by bringing pictures in your head instead of just words or figures.

An example would be in memorizing the lyrics of the songs or in remembering stories that you might have read before. In these two examples, the memorization process becomes easier if you imagine the images conjured by the lyrics of the song or if you create vivid images in your mind as you read or recall a narrative or tale. Picture the actual scenario described by the sentences or paragraphs.

To further intensify your imagination, you have to actually feel what the character is feeling. If you're reading a story about a knight in shining armor fighting a dragon, then feel your strength, the power of your sword, the heat of the fire from the dragon's mouth, and even the kiss of the princess after saving her from the monster. 😊

Images and the formation of which, in the process of learning or remembering, can therefore help you in improving your memory. Here are some of the valuable methods which you can use in achieving an imaginative memory:

1. Learn to think with both words and figures. For example, in reading a book, it would be helpful to stop for a while and reconstruct the suggested scenario inside your head. This way, you are also increasing the chances of not only recording linguistic data but also some of the essential cognitive aspect of remembering, like the reconstruction of perceived or imagined senses in your brain. The smell and taste of ice cream, the redness of a strawberry, or the thickness or thinness of blood described in a crime novel that not only gives chill or excitement in reading but also makes your reading experience more memorable.
2. In learning new ideas, associate these concepts with a very particular image or picture that is very personal or relevant to you. Put some premium on what you already know or on what is easily conjured by your brain in experiencing

these words (like in learning a new language or subject). Put some personal relationship with these words like knowing the origin of their meanings (etymology) or by giving them a concrete symbol in your head.

3. If you're reading a very technical manual or theory pamphlet, what you can do is imagine yourself doing the scenario suggested by the book. This is also what we call as vivid reading. Words and sentences become alive not with their meaningful connections but with their correlative value with reality. In fact, writing prose or poetry involves a highly developed skill in imagery and mental mapping. Poets and creative writers are said to be good not only in remembering details or facts, but also in the creation of worlds or situations found within the mind.

Clustering

Grouping of details and data in recalling names or numbers is very essential in the process of retention. The associative power suggested by groups or grouped items help us further organize or give direction in memorization. Pairing words, for example, either synonymously or with their opposing meanings, like "fair" and "square" or "man" and "woman" helps us remember data more easily because they are not only singularly meaningful but at the same time relative to other words or data that we already know from the past.

Clustering numbers (memorizing telephone numbers by threes or by fours) or in whatever relevant grouping, is one tendency that leads to easy access from these numbers or even word groupings. Clustering is one way we can further improve our memory. Examples of these include:

1. Grouping by numbers, colors, or under the same category.
2. Grouping words and concepts by their opposing meanings or through antonyms: (bitter vs. sweet, love vs. hate)
3. Grouping words into pictures or through subjective organization.

Subjective organization depends on the way we recall or organize our materials by our own categories or devices. For example, learning a list of new words or vocabularies can be developed through subjective interpretations of these words or groupings.

The better we organize or become aware of how we build a system of information, the better it would be in performing cognitive or mental tasks such as memorization or application of our memory.

It would be better if you:

1. Think of the process of how you solve your problems or in getting the necessary information.
2. Know your capacity in the process of learning or memorization. Are you the type of person who easily gets the information by clustering them into meaningful categories, or are you the type of person who learns better if you follow a direction or picture inside your head?
3. Analyze the situation, the details, or experiences. Try to remember the relevant facts and remove unnecessary data or information.

Chapter Three

How to Remember Names and Faces

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 listening to the faint sound of a name, focus on hearing it clearly and concentrate on firmly implanting it on your memory.**
- 2. Repeatedly say the name many times over in your mind.** If possible, use the name as often as possible. You can tell your friend now, and then your sister later: "I've just met Jonathan Nowitzki." You can also make a comment about his name: "I have a former classmate named Mark Nowitzki who is very good in electronics. Do you know him?"
- 3. When you hear the name of a person being spoken, look purposefully at the person bearing it.** By doing this, you are connecting the name and the face together in your mind at the same time. The next time you forget the name, just recall the face and you might have a good chance of remembering it.
- 4. Visualize the name as an object in your mind.** See the name's letters in your mind's eye, as an image or picture. Exaggerate it as much as you can. You can imagine the name "Nowitzki" in your mind as a big hairy object with 3 eyes and with spikes all over it. For a clearer image, visualize Mr. Nowitzki himself lifting the giant word "Nowitzki" over his head, like a weightlifter lifting a barbell. The more exaggerated or humorous, the better chances it will get stuck in your mind.

5. **Connect a new person with a well-remembered individual of the same name.** Associate a new Mr. Copenhagen 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 flash into your mind. You can even visualize the 2 Copenhagens attached to each other like Siamese Twins, to trigger the thought that they have the same name.
6. **Reminisce the atmosphere or environment.** Recalling what you felt or what you did, when you met a person, could trigger memories of how he or she was introduced to you, how he or she looked like, and other aspects regarding the person.
7. **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.
8. **Link a name with a visual object.** Let's say you just met Mr. Quinlan. To remember his name, you can visualize a land full of queens (Quinlan). Imagine the queens dressed in elegant dresses and wearing shiny crowns with big jewels. If Mr. Quinlan 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. Quinlan 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.

9. **Visualize the faces of persons you have met during the day, in the evening.** Try to develop the faculty of visualizing their features to practice your ability. Draw them in your mind and see them with your mind's eye, until you can visualize the features of very old friends. Then do the same with acquaintances, and so on, until you are able to visualize the features of every one you know. Then start to add to your list by recalling the features of strangers whom you meet. By a little practice of this kind you will develop a great interest in faces and your memory of them, and the power to recall them will increase rapidly.
10. **Make a study of names and faces.** Start a collection, and you will have no trouble in developing a memory for them. A good idea would be to analyze photographs in detail, not as a whole. If you can incite adequate interest in names and faces, you will be more prone to remember them.

Chapter Four

How to Remember Numbers

In almost everything we do, there are numbers involved - telephone numbers, credit card and ATM numbers, zip codes, passwords, calculations, and many others! Whether you love them or you hate them, numbers are here to stay. In order to cope up with today's hectic lifestyle, you have to be able to remember a lot of numbers, or you'll end up getting all confused and disorganized.

Contrary to words that can be associated with an object, numbers are difficult to remember because they are abstract. If I say think of a pen, your mind immediately visualizes the pen. But if I say 2473, you will have a hard time committing it to memory.

In this chapter, you'll be taught various memory techniques to remember numbers better so you can perform your usual transactions quicker and more efficiently.

Senses

Your senses, particularly the ears and eyes, may prove to be effective in recalling numbers. Here's how it works:

Repeat the number several times to yourself. It may be difficult for you to remember a number such as "2895" as an abstract thing, but easy for you to remember the sound of "twenty-eight ninety-five."

You may also visualize the number. Write it down several times to lodge it to your memory bank. An even better idea is to create a vivid image of that number for better memory retention. Visualize "2895" beautifully laid out on a billboard in large sizes and luminous colors, with pieces of jewelry all around it. The number just follows you wherever you go. You see it everywhere. It's on your bathroom mirror, on the TV screen, in the fireplace, it just won't let you go! You can even intensify the image by making a jingle or slogan like "2895, I like you to jive!"

You may forget that the number of a certain house or office is 2895, but you may easily remember the sound of the spoken words "two-eight-nine-five," or the form of "2895" as you see it on the door of the place.

Association

The Law of Association may be used advantageously in memorizing numbers. For instance, one might remember the number 186,000 (the number of miles per second traveled by light-waves in the ether) by associating it with the number of his father's former place of business, "186." Another person may remember his zip code "1876" by recalling the date of the Declaration of Independence.

Converting 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 "**G**reat **D**ancing **B**ellies?" The next time you want to recall 742, just recall "**G**reat **D**ancing **B**ellies" and convert the first letters of each word back to their number equivalents. If you think the phrase "**G**reat **D**ancing **B**ellies" 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 "**A**llowing **C**ute **E**ntrance" to someone as adorable as you. ☺

The Picture 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).

Chapter Five

How to Remember Places

Different people have different abilities. Some are bestowed with the gift of direction. They are the ones who never forget how to arrive at a place of destination, no matter if they have to go through a labyrinth-like path to get there, and even though they've only been to that place once.

However, there are many people who do not possess that keen sense of direction. These are the people who just can't seem to remember the places they've went to, even if they've been to these locations several times before. Well, there's no need to get frustrated.

The first concept necessary to develop a good sense of direction is to have a deep interest in the places. You should begin to "take notice" of the direction of the streets or roads over which you travel - the landmarks; the turns of the road, even the natural objects along the way. Studying maps could help in awakening a new interest in them.

One of the first things to do, after arousing an interest, is to carefully note the landmarks and relative positions of the streets or roads over which you travel. So many people travel along a new street or road in an absent-minded manner, ignoring the features of the land as they proceed. This is fatal to place-memory. You must take notice of the thoroughfares and the things along the way. Pause at the cross roads, or the street-corners and note the landmarks, and the general directions and relative positions, until they are firmly retained on your mind. When you go jogging or walking, start to see how many things you can remember. And when you return home, go over the trip in your mind, and see how much of the direction and how many of the landmarks you are able to remember. Take out your pencil, and attempt to make a map of your itinerary,

giving the general directions, and noting the street names, and distinct features of objects along the way.

Then as you travel along, compare places with your map, and you will find that you will take an entirely new interest in the trip. You will see that you can now notice things you were not able to recognize before.

Remembering Directions

It may be difficult to remember directions because of too many bits of repetitious, unfamiliar data being fed into your mind. If you're going to remember a lot of left and right turns amidst all the roads and blocks you'll be traveling, chances are, you will get totally confused.

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

Another dilemma would be on how to remember all the "lefts" and "rights." The solution is simple. You can convert "left" and "right" into clear images that represent these words. For example, you can use "lizards" for left and "rats" for right. So if your friend tells you to "turn right after the third block," you can imagine large furry rats scurrying all over the barber shop. If you can exaggerate it further, like visualizing the rats in sunglasses and gangster clothes, you can remember it even better.

Remembering Addresses

You can also use the methods you've previously learned in remembering addresses. For example, you want to remember 32 Cottonwood Avenue. You can turn 32 into a fork (3) chasing a swan (2) around a pond. Then for Cottonwood, you can visualize a large plank of dancing wood with cotton all over its body. Then link everything together. How about that large plank of wood with

cotton all over its body, laughing at the swan being chased around the pond by a big silver fork. Can you see them bond together so closely that they look like a perfect couple?

See? Not only do these methods help you to remember, but they are fun to do. Just keep on practicing. And don't think this is a chore. Have fun imagining things and you'll end up with a far better memory than ever before.

Chapter Six

How to Remember Events

Can you still remember what your breakfast was 3 days ago? Can you recall what your boss announced yesterday regarding the company's new mission statement?

Don't panic if things like these escape your memory. You're not alone. Sometimes, we become too engrossed with a lot of our daily responsibilities that we tend to forget events or happenings we haven't paid much attention to.

If you will give to the occurrences of each day a mental review in the evening, you will find that the act of reviewing will engage the attention to register the events in such a manner that they will be available anytime for future retrieval.

Let this work be done in the evening, when you feel at ease. Do not do it after you retire. The bed is made for sleep, not for thinking. You will find that the subconscious will awaken to the fact that it will be called upon later for the records of the day, and will "take notice" of what happens, in a far more diligent and faithful manner.

Try this exercise. Sit down alone one night and spend fifteen minutes attempting silently to remember exactly the important happenings of the day. You may find that you could recall only little at first. You may not even recall what you had for breakfast. But after a few days of practice, you will find that you could recall more. Events will come back to you more precisely and more clearly than at first. If possible, relate to people close to you, the events of the day instead of recalling them to yourself. If the people you're relating the events to are interested in them too, you would become more motivated to remember them.

Conclusion

At this point, you've learned a bunch of techniques for memorizing things more effectively: forming vivid and funny images, making associations, converting numbers to picture words, and many others.

Remember, there is no "right" or "wrong" way to memorize something; the idea is to simply take the information and techniques you've already learned and adapt them to the specific task or activity at hand.

But above everything else, I encourage you to practice memorizing things every day. Consider this: If someone teaches you how to drive an automobile, and you study the car owner's manual carefully, and learn perfectly everything there is to know about driving a car, that doesn't mean you can jump in a car and start driving flawlessly in downtown New York City! You know what you need to do. Keep on practicing the memory techniques you've learned until they become second nature. Look around you and find things to memorize, such as your cousin's telephone number, your favorite chocolate chip cookie recipe, the call letters of your local TV stations, the vocabulary words in your school science textbook, your license plate or driver's license, or whatever! Go for it, and remember to have lots of fun!