



Memory: 5 Simple Ways To Remember Anything (Memory Tricks, Number, Name, Hypnosis, Recall, Train Your Mind Change Your Brain)

William D

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Simple Memory Tricks To Change Your Life In More Ways Than One

So let's get started!

In the world of computer technology, the term 'memory', also known as 'primary storage', refers to computer hardware systems used for storing information that can be used by a computer immediately. However, psychologists use this term in a different context; it denotes the processing of information that includes encoding, storage and retrieval. Encoding senses the information from external world in chemical as well as physical stimuli. The first stage of exchanging information is known as encoding. Storage refers to the second stage of information processing or memory; it stores the information over a long time. Lastly, the third stage is the retrieval of this stored information; the information is located at some point and returns to consciousness due to some trigger point. Memory loss is referred to as amnesia or forgetfulness.

Imagination has a great potential to improve your memory. It allows traveling beyond the horizon, attaching various stories or images to the things you wish to remember, in turn it will strengthen your memory. For instance, if you wish to memorize a shopping list having items such as apples, chicken, toothbrush, etc. if you imagine a story developing a link to all these items, such as chicken is running, eating apple chunks, and brushes its beak for removing the extra bits. Visualizing the scenario will create a funny sense that will help you remember these items clearly. Such methods as well as other interesting tactics to improve memory have been mentioned in this book to attract the reader's attention.

The book describes various concepts such as mind maps, acrostics, acronyms, and several other methods associated with sharpening your memory skills. The author attempts to make readers aware about the various activities to boost your memory; practicing these skills regularly will be highly beneficial.

Here Is What You'll Learn...

- Mind Maps: Best Way to Make Your Brain Grasp Things
- Remembering Names and Numbers
- Loci or Journey Method for Photographic Memory
- Activities That Boost Memory
- Focus for Remembering
- Much, much more Bonus!

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Tags: Remember Things, Self Hypnosis, memory training, train your mind change your brain, improve memory, improve your memory, memory improvement, improving memory, how to memorize, the brain that changes itself.

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Yael Whitehead:

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