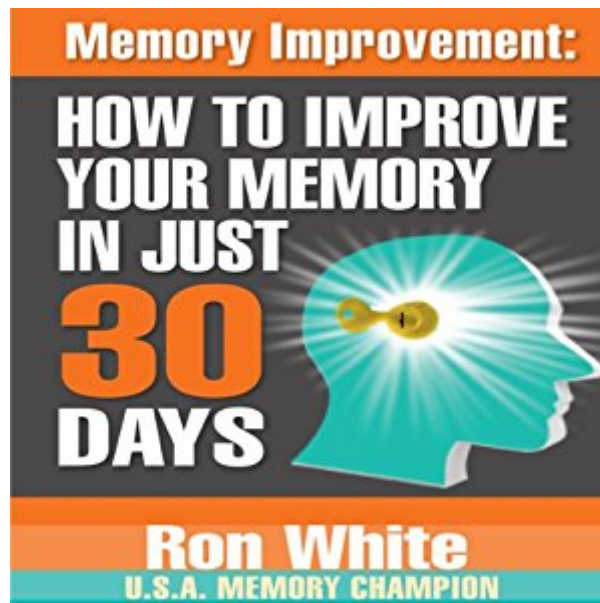




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# Memory Improvement: How To Improve Your Memory In Just 30 Days



## Synopsis

Have you ever walked into a room and couldn't remember what you went there for? Have you ever grasped the hand of a potential client and then when the handshake broke, the name seemed to disappear from your memory? Or have you ever left a prospect or an important meeting and as you drove away remembered a key point that you should have shared with them? The problem is NOT with your memory. The problem is with the "Filing System" your brain currently uses to store and retrieve memory items. Change the filing system and you'll double and even triple your memory comprehension. Two-time USA Memory Champion Ron White will teach you the same 2,000-year-old memory method that he has already taught thousands to: Give presentations and speeches without notes...Memorize chapters of books word for word...Retain information from workshops or training classes...Improve your grades and study skills...Remember names and faces, even years later...Routinely memorize 100-digit numbers after hearing them only once...And lots more! Please Note: this audio references accompanying material that is not included with the purchase of the audiobook.

## Book Information

Audible Audio Edition

Listening Length: 4 hours 19 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Gildan Media, LLC

Audible.com Release Date: July 18, 2013

Language: English

ASIN: B00E0JQ5VA

Best Sellers Rank: #22 in Books > Self-Help > Memory Improvement #436 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #565 in Books > Self-Help > Success

## Customer Reviews

Let's get the errors out of the way - yes they exist, numerous typos. If you choose to focus on that and miss the point of the book then you just wasted your own money because the information is terrific. (Maybe when they fix the typos the price will shoot up to \$22.99, I'm happy with the \$2.99!). Good, now we can focus on the book! I am a 41-year-old mother of three and am hoping to return to school this fall. I was looking for a book on improving study skills to retain information because I believed my memory to be in sad shape. In two days I have learned to count in Japanese, I've

learned the presidents in order backwards and forwards, a portion of the Bill of Rights and a foundation for learning and retaining that will be invaluable. They really should teach this in school from an early age. I've been reading it with my daughter and am downloading a copy for my son, who is also heading off to college. I bought three books on memory (Your Memory - Kenneth Higbee, Remember, Remember - Ed Cooke and this one). The Higbee book covers a lot of background on memory and how the brain functions and may eventually teach me how to improve my own memory, but it's been a slow read. I have taken a small stab at the Ed Cooke book, but again it has been slow to warm up. This book dives right in with exercises and quick understanding to produce immediate results. I appreciated how the author used certain lists that appeared to not make sense, only to have them turn into valuable lessons further along in the book. Well worth the money!

Although not the best written memory book, and not error-free, this is a very practical memory book that focuses on a powerful memory technique: Loci. I have tried it, and although I think it cannot be applied to every part of your life (as the author suggests), it really enables you to store long lists of information. In the end, the author is a memory champion, so he knows what he is talking about. But the essence of his technique can really be summarized in the following phrase: "Your memory works with images. So any information you need to memorize must be first converted into an image". Of course there are many considerations you need to know, so for 3 and something bucks, it is worth it.

Simple to read and easy to implement. Ron White gives people the tools to learn how to memorize anything from a deck of cards to bible verses. Techniques seem a bit unpolished and using the same memory palace can make recall confusing (at least for me) and creating new ones can be difficult. That being said I highly recommend it.

Effective! I'm going back to school and use these techniques to retain lots of new information. My son (a 5th grader) used it to remember his spelling words. He only needed to study them once and they were permanently locked in. If you're a parent then you know that a lot of kids study their words and know them well enough to pass the test and start forgetting shortly thereafter. Once my son had it, it was just in there, for good. I'll admit that I'm not a fan of how he suggests using his memory techniques for language learning. As a polyglot I'm going to say don't bother with that aspect of the book. It's going to leave you with a warped sense of the language, but for everything else, this book

is a go.

I almost rated this book four stars. This book is a bit lazy, and many topics have been covered in a much better way in Dominic O'Brien's "Brilliant Memory". But there are three things in this book that are not in O'Brien's book. One: The system for remembering names and faces is superior. Two: The system for the alphabet is superior. Three: The number system is different and I think a little easier/quicker to learn. The caveat on that is that I think the Person/Action/Object system lasts longer and is better for long term memory. I still recommend checking out Ron's way. I go to college so anything that will help me cut down the amount of hours I need to maintain a 4.0 is a blessing. This book did that and for that alone it is worth reading. I can't recommend this book as the first one though. In order I recommend:--Best Intro: Moon Walking With Einstein... Seriously, read this book before you do anything else.--Then: Brilliant Memory--Then: How to improve your memory in just 30 days I'm also a big fan of Cal Newport, but that's another story. Buy this book, read it, absorb it, and have a good day =)

I really enjoyed this book. The chapter a day layout helped me to develop a habit out of learning and using these techniques daily. I have about seven other books on memory techniques that I've read. A lot of the ideas represented aren't new. It's the daily time invested that really made learning and using these techniques a helpful part of my daily life. Gave it three stars because of some errors and inconsistencies in some of the word lists that were jarring as you're trying to memorize something.

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