

How to Remember Anything

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THE ONLY BOOK OF ITS KIND—BUILD MEMORY POWER
WHETHER YOU'RE EIGHT OR EIGHTY



THE PROVEN TOTAL
MEMORY RETENTION SYSTEM

DEAN VAUGHN

THE WORLD'S LEADING AUTHOR OF APPLIED MEMORY COURSES

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在线阅读本书

The Only Book of Its Kind—Build Memory Power Whether You’ re 8 or 80

Dean Vaughn’ s How to Remember Anything is a remarkable system for harnessing your brain’ s capacity for memory. Vaughn’ s user-friendly ten-step system goes beyond the drills and repetitions many of us learned as children by tapping into the power of sight and hearing. Visualizations, sound-alike words, and odd juxtapositions of objects (the more illogical the better) are some of the elements of Vaughn’ s sure-fire program to remember and retain everything from the names of the presidents of the United States to birthdays and appointments. Millions of individuals have benefited from this remarkable, proven memory system. You will too!

How to Remember Anything will help you remember: * names and faces * vocabulary and world languages * where you put things * numbers, reports and meeting agendas * appointments, birthdays and anniversaries * your schedule and things to do * how to speak in public without notes * geography, geometry * ANYTHING!

作者介绍:

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标签

记忆方法

美国

秘诀

Vaughn

Dean Vaughn

Dean

评论

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书评

花了两天时间看了一遍，还不错，总的意思
一是用长方体房间的各个面和棱代表从零到九各个数字，
二是用同音或近音名词来代替要记忆的内容
三是将从零到九十个数字转化为辅音字母，从而形成单词来记忆数字组合。
当然，这些方法用于记忆英文内容更实用一些，至于如何将其转化到...

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