

# How to Develop a Brilliant Memory Week by Week



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From the little things (recalling statistics and facts) to the big (keeping track of anniversaries and important appointments), a good memory is essential to a happy life and a successful career. Improve yours, with these 52 proven techniques that helped win Dominic O'Brien accolades such as "Brain of the Year" and "Grandmaster of Memory." O'Brien has designed this guide as a year-long course in memory

improvement, complete with a paced program of study that starts with the basics and slowly builds. Use it as a handy reference to target specific memory shortcomings: exercises such as "Pin Number" and "52 Shopping Items" provide tailored approaches to real-life situations. Combining an expert understanding of the brain with tested methods, O'Brien has produced a potent, memory-boosting tool.

作者介绍:

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标签

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The Journey Method, Mind Maps, the Dominic System, the Roman Room Method, to Store a Memory within a Memory. Remember names and faces by noticing physical resemblances, distinctive facial features, “soundalike” names, placing the image created in a relevant location; create such scenes before you actually meet the person. Healthy body & No stress!

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