

How To Develop A Good Memory

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You WERE NOT Born with a Poor Memory! Remembering is a process that must be learned, just like walking, talking, eating, telling colors apart, distinguishing sounds, and telling time. You learned these when you were a child, and now you can perform them without effort, without being conscious of the mental processes involved. You can learn the process of using your memory just as thoroughly and when you do you will have in your power a hundred times the knowledge and experience you actually put to use now. Anyone can do it. If you want to make your experiences stick, in order to help you make later decisions and meet later problems, and if you hate the waste of relearning what you have forgotten, it will be worth your while to develop a good memory. How to Develop a Good Memory will show you how! The Mental Filing System How to Develop a Good Memory is simply a logical, tested plan for training you to index your memory scientifically, much along the lines of a filing system. I call it The Mental Filing System. There is nothing new in the idea of a memory system; men have been developing methods of remembering since the days of Cicero. I have based my method on the fundamental principles laid down by these earlier systems, modifying them by the practical application of twenty years of actual teaching and use. You can start using it immediately, applying it to everyday situations. Why Do You Forget? The reason for most of the annoying instances of forgetting is that you do not take the trouble to connect new information with some fact you already know. Isolated facts drop out of the mind quickly, but if you file new knowledge in relation to something already established in your mind, you will retain it and be able to refer to it whenever you need it. It is simply a matter of making a special use of your power of association, which is the beginning of all learning processes. Association is making mental hooks from which you may fish facts out of your mind as you require them. This Mental Filing System will provide the mental hooks upon which to hang, or file, anything you want to remember. You Can Start Developing a Good Memory Immediately! Why wait weeks or even hours to start learning how to develop a good memory for names, faces and facts? How to Develop a Good Memory is available to you right now via instant internet download. No need to go to the bookstore or the library. No waiting for the postal service to deliver a book to your door. Instead, you can download this ebook (short for electronic book) How to Develop a Good

Memory and immediately begin benefiting from its lessons. Take a Peek at Whats Inside... How to Develop a Good Memory focuses on teaching you how to develop and use your Mental Filing System to its fullest and best. With its easy-to-read lessons, tips and tricks, and fun memory exercises, How to Develop a Good Memory will be helping you to improve your memory, especially for names, faces and facts, in no time! Its chapters include... Chapter 1: Mental Filing System that Really Works Chapter 2: How to Get Your First Five Mental Hooks Chapter 5: How to Remember What You Read Chapter 6: Five More Keys that Unlock Memory Chapter 9: Five Little Words that Increase Your Memory by a Third Chapter 10: A Shopping List You Cant Forget Chapter 11: How Salesmen Sell Their Memories for Cash Chapter 12: The Art of Forgetting the Right Things Chapter 14: How to Speak in Public Without Notes Chapter 15: Baiting Your Mental Hooks for Better Writing Chapter 16: The Cost of Forgetting the Wrong Things Chapter 18: How to Remember Numbers Chapter 20: Interesting Facts and How to Recall Them Chapter 21: How Good is Your Memory for Names and Faces? Chapter 22: Theres Gold in Those Names Chapter 23: How to Get the Name Straight Chapter 25: Fastening Faces in Your Mind Chapter 30: The Simple Secret of Remembering People in Groups Chapter 33: Fun with Names and Faces And much, much more!

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