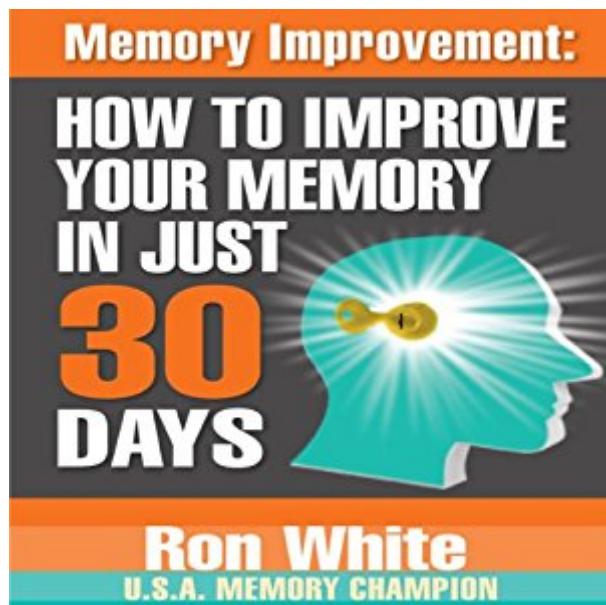


The book was found

# 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 and 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: #13 in Books > Self-Help > Memory Improvement #203 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #284 in Books > Self-Help > Success

## **Customer Reviews**

This book by Ron White will do as the title says... Improve Your Memory.... I read Josh Foer book on the Memory Championships and it motivated me to find out more about the mechanics of improving one's memory. I researched some other champions (Tony Buzan, Scott Hagwood and Ed Cooke) before finding Ron White's memory training information. His orderly simplistic presentation allows you to experience improvement immediately. Since using his training I am remembering list of items and trivial information long after I have no need to retain it. This book has shown me how versatile

these methods can be. I have recommended it to others and if you want to keep your mind active, remember names and faces, vocabulary, numbers longer than a telephone number or anything that you may use an external memory device, i.e. notepad, this book is for you. I rate it 5 full stars.

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!

I'm a university student and need to remember all sorts of information - all of it technical - and this book is a must buy!!! I need to do quite a lot of mathematical derivations and they are almost impossible to remember outright. Using the same technique for remembering a speech with no cue cards or notes I have amazed myself at just how much I can remember. I actually made my friend buy this book as it was too good to put down. The memory methods used in this book are ones which are now a staple of my life. If you do not enjoy this book, I will eat my computer!!

My memory has been getting worse and worse as time goes on and I seem to struggle daily with some things, it's almost like I have an amnesia sometimes so with interest I read this book from Ron White and had great fun doing so. It's written in an interesting way that it never gets boring and just keeps associating things that truly have been a godsend for me. I have tried some of the memory

association 'tricks' on my friends and they were amazed at the 'magic', but of course as Mr White explains its not magic but just a way to access the information that's already there in our brains neatly filed away. Really enjoyed this book and have already recommended to a fair few people, you certainly won't forget it!

As the author of *Memory Quiz, What Type Of Learner Are You? (Phenomenal Memory For All)* I know a lot about memory improvement. I have also taught courses on memory improvement to people with head injuries. Ron White's book teaches the reader to start with the basics and build on what you already know. The day by day pace is helpful, as the reader is guided to learn a new technique and practice before moving on. Additionally, he makes the exercises fun and entertaining, which is a must when you are working hard to improve your memory. This book will help you build your confidence and improve your memory, whether you are a person who believes their memory is poor, or someone who is trying to improve their memory for school or work. I highly recommend it!

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.

[Download to continue reading...](#)

Memory Improvement: How to Improve Your Memory in Just 30 Days Improve Your Eyesight Naturally: How To Improve Your Vision Naturally - Learn Super Effective Eyesight Exercises To Improve Eyesight Without (Vision Therapy, Optometry, Eyesight Improvement) BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Brain Training And Brain Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration,

Brain power) Eyesight: How to Naturally Improve Vision - Proven Quick Tips to Improve Eyesight Vision in 30 Days or Less (eyesight improvement, eyesight cure, better eyesight) Memory Manipulation: How to Train Your Brain to Think Faster, Concentrate More, and Remember Anything: Learn Memory Improvement and Boost Your Brain Power Quantum Memory: Learn to Improve Your Memory with The World Memory Champion! Craps & Roulette: A Brief Primer and a Few No BS Betting Strategies That Just Might Improve Your Performance\* (\*Just as boringly as the casinos do for themselves.) Memory Tips and Tricks: The Book of Proven Techniques for Lasting Memory Improvement Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 The Memory Workbook: Breakthrough Techniques to Exercise Your Brain and Improve Your Memory The Senior Moments Memory Workout: Improve Your Memory & Brain Fitness Before You Forget! 365 Days of Decluttering and Organizing Your Home: DIY Household Hacks, DIY Declutter and Organize, DIY Projects, DIY Crafts, DIY Books, DIY Cookbook, ... Home Improvement (DIY Hacks Book 1) BETTER SEX WITH YOGA: Exercises, poses and meditations for men, women and couples to improve sex life. (SEX IMPROVEMENT Book 1) The Brain Health & Better Memory Book: Improve Focus, Memory Recall, and Prevent Dementia 30 Days Grain-Free: A Day-by-Day Guide and Meal Plan for Beginning a Grain-Free Diet - Improve Your Digestion, Heal Your Gut, Increase Your Energy, Lose Weight, and More! The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit Effective TCP/IP Programming: 44 Tips to Improve Your Network Programs: 44 Tips to Improve Your Network Programs

[Dmca](#)