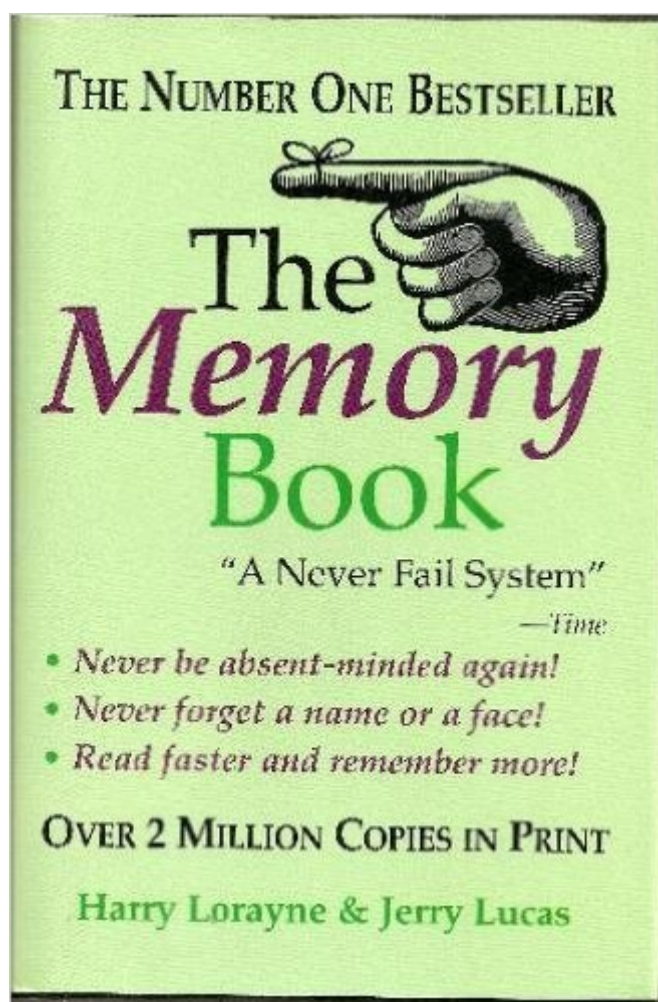


The book was found

The Memory Book



Synopsis

Unleash the hidden power of your mind through Harry Lorayne and Jerry Lucas's simple, fail-safe memory system, and you can become more effective, more imaginative, and more powerful, at work, at school, in sports and play. Discover how easy it is to: file phone numbers, data, figures, and appointments right in your head; learn foreign words and phrases with ease; read with speed--and greater understanding; shine in the classroom--and shorten study hours; dominate social situations, and more. From the Paperback edition. --This text refers to the Paperback edition.

Book Information

Hardcover: 237 pages

Publisher: Hippocrene Books; 2nd edition (August 1989)

Language: English

ISBN-10: 0880293225

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Product Dimensions: 8.4 x 5.6 x 1.1 inches

Shipping Weight: 13.6 ounces

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (385 customer reviews)

Best Sellers Rank: #252,569 in Books (See Top 100 in Books) #194 in Â Books > Self-Help >

Memory Improvement #1323 in Â Books > Deals in Books #2633 in Â Books > Science & Math > Behavioral Sciences

Customer Reviews

The book that makes you go through the experience of the author and how he learns to improve himself in the memorizing aspect is just mind blowing. Harry Lorayne has the experience of expanding his memorization potential over time and the techniques mentioned in here are also that he applied to his brain expansion. This book "The Memory Book: The Classic Guide to Improving Your Memory at Work, at School, and at Play" is just one of the phenomenal books if you are really serious in boosting up your memory. Then when I searched for the book that not only make me increase my memory but in reality gives the control of my mind to me, I also came to know about this excellent book Maximizing Brain Control : Unleash The Genius In You. You can increase the memorization power with different tips and tricks but taking full control so that there remains no door unlocked for your memory to be enhanced, you can always go through this book to add up to your memorizing skills. Harry Lorayne has proven himself to be the master at increasing mind's potential. The thing is that there is no way that you would master any trick overnight but with the techniques

he share with you that he have used for all his life and have benefit from them up till today. It is your time to get on with learning the techniques and get the boost in your memory while you study, play or even when you are hanging out with friends. The only thing that would make your memory perfect is how much you dedicate yourself to them.

After reading "The Memory Book", I can have a group of people give me random words, one at a time, and memorize them... in the order in which they were given. Then, given a number, I can quickly recall the corresponding word. Or, alternately, given a word I can recall the corresponding number. It takes a few seconds for me to engrain each word, but I can easily do this with 20 words. I'm confident I could recall over 95 out of a 100 if I ever had a reason to try. I have always considered my memory to be rather poor. But after using the VERY SIMPLE techniques in this book, I am capable of memorizing things many people would deem near impossible, with minimal effort. The first exercise listed ten words: Airplane, tree, envelope, earring, bucket, sing, basketball, salami, nose, and star. Then provided a child-like way to not only remember all ten words but also in the sequence in which they were presented. Some might, at first glance, think that's simple, but try it without a method! I had them memorized in about fifteen minutes and now they seem to be permanently etched in my brain; that was over a week ago and I just wrote them in this review from memory! The next exercise was a list of thirty words, most of which were complex and I had never seen before. That might impress some people, but these methods have real practical applications. Memorizing names with faces, speeches, numbers (phone, credit card, a 50-digit number if you so desire) are what's taught in the first half alone. The use of "pegging" is central to the memorization methods taught in this book. Every number from 0 through 9 has a phonetic sound(s) associated with it. By mastering the basics, one can quickly figure out how to memorize a list of 100 words/names if he really wants to.

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