

# **A Guide To Memory Increase**

**By**

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**A GUIDE TO**  
***MEMORY***  
**INCREASE**

**THIS BOOK  
WILL NOT ONLY  
BRING BACK  
LOST MEMORY  
IT WILL ALSO  
BOOST YOUR**



**EXISTING MEMORY**

***MEMORY POWER IS MIND POWER***

# **EIGHT LAWS OF MEMORY**

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## **THE SECRET PRINCIPLES FOR A SUPER POWER MEMORY**

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**HOW TO FIND  
THE SUCCESS  
MECHANISM  
WITHIN YOU**



## Scan / Edit Notes

Versions available and duly posted:

Format: v1.0 (Text)

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Genera: Self-Help / Memory / Mind

Extra's: Pictures Included (for all versions)

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First Scanned: 2002

Posted to: alt.binaries.e-book

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## Preface

Rocco Oppedisano has researched Physical and Mental Health for seventeen years, travelling to North America, Europe, Middle East and other countries in search of more knowledge in the understanding of Physical and Mental Health.

Rocco in 1982 formulated a Health Food Range of Athletic and Naturopathics Supplement Formulas under the name Life Elixir Naturopathics. These are sold nationally, Singapore, Hong Kong and other parts of Asia. Due to its great success Australian Company Bio Organics wanted the company and bought it from Rocco in 1987, then in 1988 Natural Health Products Pty. Ltd. bought Bio Organics and are now also the owners of Life Elixir Naturopathics.

Rocco published 34 issues of Australia's first Muscle Magazine called Muscle Australia 1979 to 1987, featuring mostly P.B.B.I. contests and Muscle Men and Women enjoying international publicity as the magazine was sold in U.S.A., England, France, Italy, New Zealand and Asia.

Rocco founded the first professional bodybuilding organisation in Australia — Pacific Body Building International (P.B.B.I.) from 1979 to 1988 and has promoted over 90 body building contests with a total of over 2000 muscle men and women who have competed under the P.B.B.I. flag in Victoria, N.S.W., S.A. and New Zealand.

Rocco has published over 30 books on weight training, muscle growth, physical and mental health.

Rocco Oppedisano has been training seventeen years as a professional bodybuilder and is one of the founding fathers of bodybuilding in Australia. He has won almost every title possible: Mr. Australia 1976, Mr. Australasia 1979 Class 1, Australia's Most Muscular Man 1976, 1979 and 1980, New York's Most Muscular Man 1978 and Mr. South Eastern Australia 1981.

Rocco Oppedisano has the reputation of building the most men and women bodybuilding champions in the history of Australia and also was owner of the legendary Muscle Australia Gym. That won the reputation of building the most muscle stars in the history of Australia from 1982 to 1988.

Rocco still holds the record for winning Mr. Australia in the shortest amount of time in 21 months of total training at only 21 years old.

Note: Rocco's P.B.B.I. contests, Muscle Australia Magazine and Muscle Australia Gym collapsed due to Rocco's personal bankruptcy and being caught in the 1987 October share market crash.

But after 3 years of absence Rocco made a comeback in 1990.



# 1 - Eight Laws Of Memory

## 1. The Law Of Comprehension.

This is the simplest, but also the most important. According to the German writer Georg Lichtenberg, people poorly remember what they read because "they do too little thinking". The more deeply you grasp what you memorise, the more easily and the more in detail it will remain in your memory.

## 2. The Law Of Interest.

"For knowledge to be digested, it must be absorbed with relish," wrote Anatole France. The interesting and "the appetising" is remembered easily as man does not have to make special efforts, as the ability to spontaneously memorise comes into play.

## 3. The Law Of Previous Knowledge.

The more one knows on a certain subject, the more easily one memorises everything new pertaining to it. Everyone must have noticed that when he opens a book read long ago, he reads it as if he had never read it before. This means that when he read it for the first time he lacked the relevant experience and information but by this time he has accumulated them. Thus reading forms connections between the accumulated and the new knowledge. This is the result of memorisation.

## 4. The Law Of Readiness For Memorisation.

The reader derives the information he sets out to derive from the text. The same goes for the duration of memorisation. When one wants to remember something for long, one will remember it in any case better than when one wants to remember something for a brief while.

## 5. The Law Of Associations.

This was formulated back in the 4th century B.C. by Aristotle. The concepts which arose simultaneously summon each other up from the memory bank by association. For instance, the atmosphere of a room evokes recollections about events which took place in it (or recollection of what you read staying in it, and this is exactly what you need).

## 6. The Law Of Sequences.

The alphabet is easy to recite in its regular order and difficult in the reverse order. The conceptions learned in a certain sequence, when recalled, summon each other up in the same sequence.

## 7. The Law Of Strong Impressions.

The stronger the first impression of what is being memorised, the brighter the image. The greater the number of information channels, the more strongly the information is retained. Hence, the task is to

achieve the strongest possible initial impression of the material subject.

## **8. The Law Of Inhibition.**

Any subsequent memorisation inhibits the previous. The learned portion of information must "settle" before the next is taken up. The best way to forget newly memorised material is by trying to memorise something similar directly afterwards. This is why school children are advised not to learn physics after mathematics and literature after history and to learn poetry before going to bed.

### **Memorisation Advice**

Before you set about reading a book, article or document, try to guess from its title what is written in it (or what you would write in the author's place). The same "forecasting" applies to the heads of chapters and the first paragraphs of the text.

Before reading (listening and glancing through) think of what information you want to derive, and what for. This will stimulate your interest and prepare you for its cognition.

Where the author, citing a number of arguments, is going to draw a conclusion, make a deduction yourself first and only then continue to read.

Before reading recall all relevant information known to you. In other words, "brush up" your knowledge.

Try to imitate Ancient Roman orators, who learned their speeches pacing up and down and "establishing connections" between the text and the atmosphere of their homes and then would recall the speech by taking "mental strolls".

If you want to memorise a text in detail don't learn it piecemeal. Learn the whole text, and learn it in its natural sequence.

To avoid forgetting the name of a new acquaintance, strengthen the first impression left by him by repeating his name aloud ("Excuse me, have I heard you right?"), using it in the conversation and when parting. Write down this name, if only with your finger in the air. imagine in whose honour this man may have been named, etc.

Try to evoke the strongest possible emotions connected with the information you memorise. Incidentally, this is exactly what Lenin did. The margins of the books he read bristle with categorical and profoundly emotional notes: "True!", "What nonsense!", "Ha-ha!", and "You've hit the nail on the head!"

When preparing for intensive mental efforts consider the state you are in at the moment. Sadness, irritation, uncertainty and fear are enemies of memory.

Never write down things without an attempt to grasp and memorise them!

To these rules you may add a host of your own, based on the laws of memory. In short, the knowledge of these laws will enable you to memorise much more than before even if you had complaints about your memory.

Abridged from the Russian magazine EKO



## 2 - Help Relieve Two Memory Invaders

Two leading causes of emotional unrest and mental breakdown are mental depression and hysteria. Where chemotherapy was once used exclusively to treat them, now doctors are beginning to use nutritional therapy.

To understand how proper nutrition can help us meet the emotional challenges of daily living, we need to understand the nature of these two distressing conditions:

### **(1) Mental Depression.**

Known as "the blues" or "hanging on", this is a melancholy and downcast mood. When extreme and prolonged, it may lead to more serious disorders. Typical emotional symptoms include fear, anxiety, worry, indecision, pessimism, brooding and unwillingness to co-operate.

Involitional melancholia is a form of mental depression seen in late middle-age, more commonly in women than in men, and appears to have some relationship with the change in the endocrine pattern that follows the middle years. Here is where proper nutrition may help to boost endocrine substances and maintain a healthful glandular balance.

To a certain extent, depression is also a psychosomatic illness. When a depressed person comes to the doctor and says he aches here or there, he is constipated, he can't taste his food, he may not be imagining it. Many emotionally depressed people do have endocrine and neuromuscular or autonomic system dysfunctions.

During emotional depression there is a major functional disruption of the autonomic nerves, the adrenal, the thyroid, which upsets the homeostasis (body balance) of the organism. Prolonged depression may lead to tissue depletion, forms of arthritis and ulcers. To tell the individual "it's all in your mind" is to do him a disservice. These days many doctors are seeking nutritional means to help restore body homeostasis and ease depression.

### **Hysteria.**

Usually regarded as a "neurosis", this emotional disruption is often marked by shouting, gesticulating, wild weeping and other similar behaviour. Often a temper tantrum is a good example of hysteria. The hysterical person often converts his emotional conflicts into physical symptoms.

Because of prolonged stress and neurological abuse, hysteria can lead to visual disturbances, hearing defects, paralysis, choking, convulsions, pains and fever. A number of doctors have found that corrective food programs with emphasis on certain vitamins, minerals, proteins can help boost resistance to stress and ease the problem. Let's see what has been reported:

### **A Doctor's Plan For "Mind Food".**

Dr. George A. Wilson spent over 40 years in practice, testing some thousands of patients who were

victims of depression and hysteria and who had physical ailments induced by the emotional upsets. He believes that a delicate acid-alkaline balance is necessary to boost healthful metabolism and to feed the body the nutrients that then work to feed the mind.

Writing in *A New Slant to Diet*, Dr. Wilson reports that (1) the more alkaline in the digestive system, the more nervous the person is; (2) the more acid, the more he is able to digest nutrients and be able to fight problems of stress. He feels that a balance — which he terms "bio-electric force" — would help the body withstand tensions and strains and help heal emotional disorders.

Dr. Wilson lists six stress-tension disorders that disturb the acid balance and lead to alkalinity. Furthermore, such stresses destroy the body supply of Vitamin C — ascorbic acid — needed by the adrenal glands to help boost emotional health. The key to better health, Dr. Wilson believes, is to avoid these six stress-tension situations: shocks, keen disappointments, intense emotional upsets, excess fear and worry, overwork and inadequate rest. Dr. Wilson also notes that most people have:

- (1) More acid in the afternoon, more alkaline in early morning.
- (2) More acid in summer, more alkaline in winter.
- (3) More acid during exercise, more alkaline during rest.
- (4) More alkaline when chilled, tired, chronically sick or at the onset of illness.

To boost the acid-reserves in the early morning, in winter, during prolonged rest and during the onset of an illness, Dr. Wilson suggests taking a "tonic" of one tablespoon of apple cider vinegar and honey in a glass of water at those times. He also recommends it when a person feels tired, irritable, has cold hands and feet (often a symptom of choked-up, tension-induced poor circulation); for aches and stiffness, and digestive upset.

Also, any fresh fruit juice will provide a good supply of vital nutrients as well as the acid needed to maintain a proper balance. Needless to say, Dr. Wilson's tonic should get your own doctor's okay before you take it. There may be some other reason for your symptoms.

Dr. Wilson further suggests eating properly balanced meals to help stabilise metabolism. He suggests the reduction or elimination of starches and sweets, and he offers this program to his patients:

- (1) Meat once a day. Other proteins were acceptable at other meals.
- (2) One slice of whole-grain, unbleached bread daily.
- (3) Select vegetables whose leaves are exposed to the sun's rays. Examples: alfalfa, celery (stalks and leaves), dandelion greens, endive, kale, mustard greens, turnip leaves, watercress, parsley, asparagus, red-beet leaves and carrot leaves.
- (4) Eat fruit between meals rather than with meals. Dr. Wilson's theory: fruits do not necessarily energise but they do cleanse and are important between meals to help prepare the digestive system for the next meal. (Note: Other findings indicate that natural fruit sugar helps promote energy, but Dr. Wilson feels that in combination with other foods, the energising effect is somewhat abated.)

Dr. Wilson also warns his nervous and tense patients NOT to eat a heavy meal at night. This leads to tossing and turning and prolonged emotional stress.

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