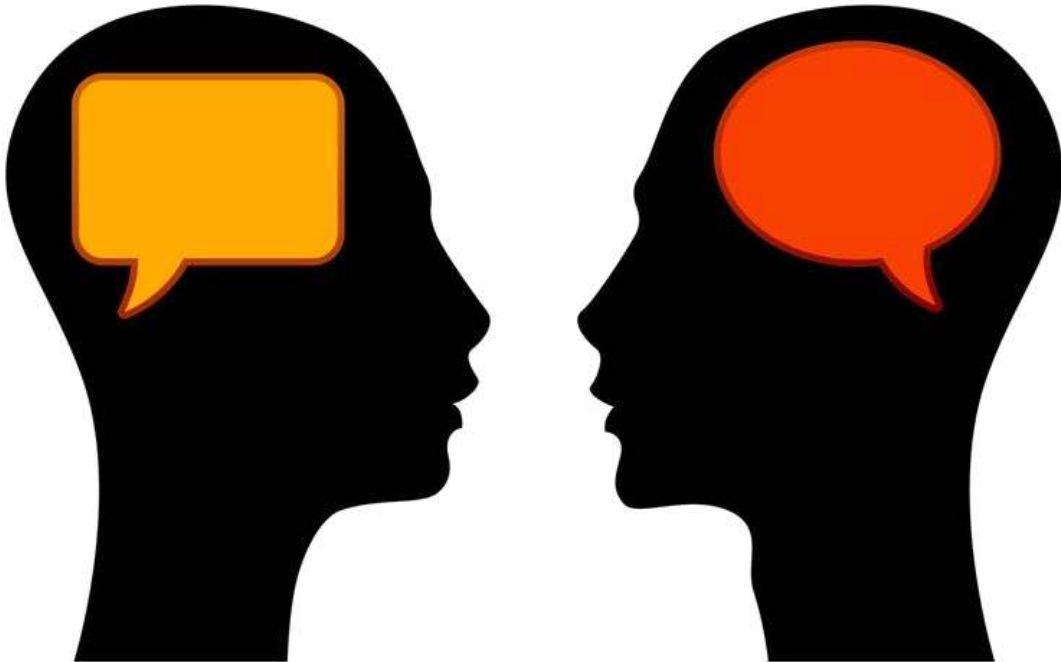


**"Discover the Real Truth How to
Sharpen Your Mind & Memory with
Ease"**



**Do You Find Yourself Forgetting
Things More Than Usual? Try**

These Simple Steps to Improving Your Memory Fast!...

By Terry D. Clark

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How to Build Your Memory Like A Steel-Trap in 4 Shorts Weeks... A System So Powerful It Is Beyond Your Wildest Dreams. Check out it today!-- Go to:

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Introduction

A excellent memory storage is truly essential for anyone to acquire. Your memory storage of faces, titles/names, information, details, schedules, activities, conditions and other things concerning your lifestyle is the evaluate of your capability to succeed in today's fast-aced, information-dependent community. With a excellent memory storage, you don't have to worry forgetting/misplacing essential items and you can get over psychological limitations that restrict you from succeeding in your profession, romantic lifestyle, and personal lifestyle.

Your memory storage is consisting of complex sensory connections in the mind which are considered to be capable of having an incredible number of data. The capability of your mind to maintain previous encounters in a highly structured manner gives you the potential to learn and create different ideas. Your encounters are the stepping-stones to greater achievements and at the same time your guides and protectors from risk. If your memory storage serves you well in this regard, you are saved the discomfort of duplicating the errors of previous times. By keeping in mind crucial training and conditions, you avoid the errors and problems made by other people.

Unless you have an sickness or disability, a poor memory is often linked to deficiency of interest or focus, inadequate hearing abilities, and other natural bad habits; however, it can be perfected and designed using the right techniques.

Many individuals believe that their memory storage gets more intense as they get older. This is real only for those who do not use their memory storage effectively. Memory is like a muscle - the more it is used, the better it gets. The more it is ignored, the more intense it gets. This is the reason why senior citizens have more problems remembering than young ones. However, individuals improving in age can get over this situation and can even further enhance their memory storage by ongoing the amount and studying, by improving their thoughts, by maintaining their education themselves start to new experience, and by maintaining their creativity. An essential thing to recognize is that different individuals have various ways of learning. The way in which individuals understand is often a aspect identifying the topics they select to research, teachers they correspond with, and professions they select.

Memorization or preservation of information functions by running pictures, appears to be, flavor, fragrance, and feeling (touch) in a very structured and significant mixture in our mind. There are three kinds of memory storage.

Neurological Memory: Is where short-term details is temporarily documented. Pictures such as an image in a journal and the style on your customer's outfits are temporarily saved in the sensory memory storage. It will be quickly changed by another sensory memory storage unless you do something to maintain it.

Short-term Memory:

Recognized by 20 to Half a minute of preservation, involves a restricted amount of details, and is necessary in conventional handling of encounters and common information collecting (everyday feeling and perception). For example, you were trained by your professor some great techniques on how to quickly fix complex Mathematical problems. The next time you take a Mathematical examination, you could probably keep in mind some of the formulas, but it's uncertain you'll be able to recall and implement all the techniques being taught.

Long-term Memory:

Includes merging and company of complex information and details for further referrals and other intellectual (mental) handling such as use of learning or details into significant encounters. Illustrations would consist of your wedding, your father's name, and your home's overall look.

Short-term and long-term memories:

Are involved with how you continually arrange information that are saved in the mind. In brief, human memory storage is like a wide and complex yet structured collection, rather than a junk can or disordered store room. In order for you to further make your memory storage potential in various projects, it would be beneficial if you consider factors and concepts in enhancing your memory storage. This would make your preservation methods more effective and clearer.

Lets get started.

Chapter 1: Sharpen Memory Storage Aspects

If someone was to read-off a list of words to you, it's most unlikely that you will remember the list of all the words on that list. You'll be able to recall most of the words at the start, some at the center, and a few at the end. These results are known as primacy (words at the beginning) and recency (words at the end).

The only way that a regular individual can successfully recall all of the words in the list, is if he is applicable a mnemonic strategy to help him/her remember. You'll also discover that it's simpler to recall a term or word if it's recurring several times on that list, or if it's relevant to the other terms/word in any way, or if it is unique among the other words (for example, the phrase "ruby" will stand-out from a list of vegetables).

To take benefits of your primacy and recency, you must

discover a center or middle ground so-to-speak. If you are doing something that needs a lot of considering and you do this non-stop for time, you'll discover that the dip in the keep in mind between the primacy and recency can be quite significant.

If, however, you quit to take breaks too often, the mind will not really achieve its primacy because it keeps on getting disturbed. In a more practical application, instead of consistently learning or working for hours, you might want to try putting a hold on and relaxing after 30-50 moments of working, just to give the mind a chance to renew itself and to increase time when your primacy and recency are balanced.

Contrary to well-known perception, being intelligent is not associated to having a excellent memory storage or excellent preservation. You don't have to force yourself to research and comprehend more to be able to enhance your memory; the key is actually in your way of life, your mind-set, your daily eating plan, and your routines.

You Are What You Eat

It is often said that the mind is probably the greediest body organ in your body, and it needs a very specific type of nourishment from your daily eating plan. It must not be surprising that your daily eating plan impacts how the mind works, and it works well with a stable supply of sugar(glucose). Before you go out of your house each morning, it would be great idea, if you can give the mind the energy it needs by eating a satisfying morning meal. A healthy salad full of anti-oxidants, such as beta-carotene and natural vitamins C and E, should also help keep the mind in tip-top condition by helping to reduce

destructive toxins (damaging molecules). As you mature, the mind has smaller potential to protect itself from daily risks like toxins, swelling, and corrosion. That's why aging people need more nourishment than younger ones.

Free radicals are like cavities to your teeth; they gradually build up if they're not washed out. As the minds mature, they sometimes stop interacting with each other. As an effect, it decelerates important procedures like thinking, short-term memory storage recovery, and regenerating new tissues. Therefore, anti-oxidants are important to maintain not only great health, but a excellent memory storage as well. Good resources of anti-oxidants are:

- Vitamin A and beta-carotene: Carrots, spinach, cantaloupe, winter squash.
- Vitamin C: Citrus fruits, broccoli, strawberries, tomatoes.
- Vitamin E: Nuts, seeds, vegetable oil, wheat germ.

Research has shown that unhealthy meals that causes artherosclerosis (clogging of arteries) are also the same type of meals that interrupts sensory actions. Cut back on the fat and substitute it with meals loaded with anti-oxidants. Nothing will substitute a well-balanced food, but to make sure that your body doesn't lack any of its healthy needs, it would be a wise decision to take dietary products. As the name indicates, they're supplements, and not alternatives.

scientific research also indicates that eating seafood can indeed improve your memory storage. Most seafood fat contains the polyunsaturated unhealthy acidity DHA, which works an important part in the brain development of youngsters. Test displays that kids who eat sufficient meals containing DHA rank better on IQ tests than those who take smaller amounts of DHA. Fish also contains omega-3 body fat which open up new interaction facilities in the brain's nerves. This allows your thoughts to function at its optimum efficiency.

Another important finding indicates that cigarette smoking can impact the ability of the brain to process details effectively. Routine tobacco users have higher threats of damaging their visual and verbal memories. So the next time you think of cigarette smoking, remember that it's not only risky to your health, but you are compromising your memory storage features as well.

Caffeine and alcohol causes anxiety and depression. This may slow down details from effectively coming into your thoughts because memory storage works best when you are comfortable and focused.

Decrease Stress

Medical studies show that individuals who are always nervous generate "stress hormones" like cortisol, which damage brain cells. Ensure to do something that will rest you daily. Try meditation, yoga exercise, consuming green tea, taking a long shower ... whatever works for you. A very effective method peace is meditation and imagining the predicted result of any situation to turn out well. Don't forget to get enough rest.

Poor memory storage is often a result of inadequate self-image. After all, it all begins and finishes in the brain. So to have a proper and balanced thoughts, believe that you can accomplish anything you desire. Increase your self-esteem and be assured in your capabilities. Your mind-set should be helpful of your objectives.

Cardiovascular workouts like strolling/walk enhances blood vessels flow and are good for the brain and heart. Research also indicates that strolling/walking helps launch testosterone that aid in regenerating new cells. If you're tired with simply strolling, interact with sports that you love. Play golf, beach ball, baseball, or anything that captivates you. By training, you can reduce your possibilities of creating hypertension which plays a role in forgetfulness when you get older. So get up and get moving. Not only will you be getting a healthier body, but you'll also enhance your memory storage and enhance your creativeness. In addition to the fun and companionship you'll be getting with your team members and opponents.

Just like any muscle, you also need to exercise the brain so that it

doesn't decline. Take part in games that will help you think. Talk to individuals, read informative guides, listen to self-esteem encouragement Cds or tapes, and make it a addiction to consistently learn and experience new things. Remember that when your nerves die, they don't come back again any longer. So you better use them, or you'll lose them.

If you think that your memory storage really isn't how it used to be, go and see a doctor. Sometimes, forgetfulness can be a indication of more serious illnesses and can go

unnoticed for years because you don't really experience anything else other than forgetfulness.

Songs and Memory

Elderly individuals affected by dementia were said to have better thinking about their background scenes and individual history when there was music playing in the healthcare area than alone, during an analysis performed by Elizabeth Valentine, a psycho therapist at the School of London, uk and co-author of new research on music and memory.

Increasingly, music is associated with conventional healthcare treatments to help individuals cure quicker. Professionals say music has the energy to relaxed and to motivate the soul.

The English scientists performed a analyze on 23 individuals (ages 68 to 90) with light dementia. The analyze was done with different appears to be enjoying in the qualifications.

While asking the concerns, the scientists either played: a acquainted track (Winter, from Vivaldi's Four Seasons), novel music (Hook, by Fitkin), or prerecorded cafeteria disturbance - or requested the concerns in calmness. Over several weeks, each person was examined in all four circumstances. The members responded to more concerns properly with audio in the background rather than alone, and they obtained even better when music was playing. "Whether the background music was acquainted or new did not seem to matter. The songs probably turned on the members and assisted them to concentrate," the scientists said.

Rest and Memory

Research indicates that you can better remember the details you are

reading if you will get to rest right after studying it. But there are two limits:

1. The content that you plan to keep remembering should be clear and understandable, or you should already have a reasonable knowledge of details or encounter in the topic being mentioned.

2. You must not be too exhausted or tired when studying the content.

The next time you need to understand something, try this process and see if it works for you. It proved helpful for me!

Studying/Learning and Emotions

As previously mentioned, feelings and emotions play a very part in the process of learning and memory storage preservation. Music has been said to impact learning and memory storage in psychologically-challenged sufferers. On the other hand, inner aspects such as feelings and emotions should also be considered in accessing data or in understanding saved details in the mind.

The development of a excellent emotions in generating better self-control, beneficial outlooks, or even in

pleasure are very popular these days in developing a natural strategy in health and fitness and psychological health. The balance between mind and body and the training that happens inside the mind may impact your getting knowledge and details. That is why, it is essential to have a excellent emotions in perceiving, getting, and accessing psychological as well as psychological details.

Here are some of the precious tips or techniques in emotions training that will definitely help you enhance your psychological capabilities.

1. Close your eyes and do it again a chant that will help you remember an image, a situation or a very appropriate encounter. You can also do this by duplicating a very beneficial statement like: "No matter what you say or do to me, I'm still a positive person!" Keeping in mind such terms can also increase assurance during test or in times of learning or even in everyday challenges. By saying positive aspects regarding your life, you are improving the possibilities of connecting your experience with enjoyable feeling, and this would help you remember more of the excellent stuff than the bad ones that could lead you down.

2. Think about a experience of someone who has put you down in some methods in the past (e.g. a buddy, a instructor, a classmate, or an ex lover). After getting the image of his or her experience, say, "No matter what you say or do to me, I'm still a positive person!" This would reduce you and put you into a positive awareness in working with people or unknown people. Psychological images can also reduce you from the pressure introduced about by bad or stressful encounters.

3. There are actual methods of enhancing feelings or the

places where studying/learning has to take place. Fragrant candle lights, fragrant things, or the development of impression of pleasure (with the use of natural or clam colors such as light, earth shades, or non-solid shades) are some of the realistic methods in making it possible to rest while studying or learning or information. In out of control surroundings which require natural response, it would still be best to make mental images (imagining the blueness and peacefulness of the sea, or the very relaxing field of a natural countryside) while undertaking studying projects or activities.

Chapter 2: Attention

Before you can anticipate to remember or memorize a thing, that thing must have been satisfied clearly upon the information of your unconscious. And the primary aspect of the documenting of impressions is that quality of the mind that we call Attention, which is the ability to concentrate and give significance to a particular information or stimulation.

Our ability to process information is somewhat restricted. Therefore, we must regularly choose and decide which information are appropriate and which are not. Stimulating elements or emotions that you understand and arrange into significant ideas are precisely examined by the mind. If the stimuli or information is appropriate or appropriate for further use or access, the mind exchanges this information to the long-term memory storage space center. However, for this to happen, attention must take place

One of the most common causes of inadequate attention is

the lack appealing. You are more prepared to remember the factors in which you have been most fascinated, because in that emanation appealing there has been a high level of attention showed. A person may have a very difficulty in remembering factors for many things; but when it comes to factors in which his/her interest are engaged, he often recalls the most complex information. This is called unconscious attention. This type of attention does not require special effort or exertion because it follows upon interest, fascination, or desire.

The other type of attention is known as non-reflex or voluntary attention. This way of attention is provided upon things not actually exciting, interested, or eye-catching. This requires effort and use of the will.

Every person has more or less unconscious attention, while only a few have designed non-reflex/voluntary attention. The former is started by intuition, while the latter comes only by exercise and coaching. For attention to take place, you must carefully exercise the art of non-reflex voluntary attention. Here are some effective techniques to help you obtain this important skill:

1. Convert your attention upon some tedious thing and study every details until you are able to explain them. This will seem

boring or tedious at first but you must adhere to it. Do not exercise a long time at first; relax and try it again later. You will soon find that it comes simpler, and that a new attention is beginning to reveal itself in the process. For example, choose a plant. put your hands on it. Smell it. Feel its structure. How many plant petals does it have? How long is the stem? What color or shade it? By doing this simple process, you will be amazed at the quality

of little factors that you will see. This technique, used on many different things, in spare time, will create the energy of non-reflex/voluntary attention and understanding in anyone, no matter how lacking he or she may have been in these factors. Start to observe of things about you: the locations you check out, the people in the areas, etc. In this way you will start the habit of "noticing Things," which is the first important for memory storage growth.

2. Remove distractions: Even though you may have often observed of multi-tasking, it is very challenging for individuals to do more than one thing at a time. For example, you're a law student studying for the Bar Examinations. You wouldn't be able to absorb effectively into your thoughts what you are studying if your playing the stereo, while enjoying noisy rock-and-roll songs, or if you're listening to the activities or games being performed by your kids and their friends. As much as possible, prevent any possible disruptions such as TV, stereo, or other individuals chattering.

3. Maintain complete focus and concentration in the procedure of studying or

memorization. Let's say you're active planning for an important

presentation the next day. A new worker was presented to you while you are working. In this case, there would be much less opportunity for you to keep in thoughts about anything that new worker because you are working on something else which you respect as more immediate or essential. If you want to remember something well, move your focus on that one thing and willfully make it to memory.

4. Keep monitoring all of your ideas and thought process. Whenever you become aware that your ideas are dropping,

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