

Title:

Improve Memory With Simple Techniques

Word Count:

515

Summary:

Not sure you can improve memory easily? Try these simple techniques.

Keywords:

improve memory, memory, brain power

Article Body:

Improve memory easily? Yes, there really are some simple techniques, and you can start using t

1. Tell yourself to remember. When you first learn a person's name, for example, tell yourself
2. Know why you want to remember something. For example, to remember a person, think about how
3. Visualize the future. Imagine where you'll see a person next, and anything you notice about
4. Retrace your steps. When you forget something, like where you put your keys, you probably r
5. Plan your memory. When you set down the keys on the chair, see yourself walking in and sett

Improve Memory With Proven "Tricks"

I went to a birthday party as a child. A party contest involved looking at a table covered in

Years later I learned how he did it. His father taught him a simple technique that none of us

You create a story, and see it vividly in your head: At the bathroom sink, you reach for the s

Create Good Memory Habits

Guess what the biggest problem with memory techniques is? Remembering to use them. Seriously,

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