

Title:

Remember Long Lists

Word Count:

300

Summary:

I want to explain a technique that is used to remember long lists. It is especially useful if

Let's say that you are going shopping and need to remember 5 items. This can be used with 50 i

The items are:

Pasta

Oranges

Detergent

Bread

Butter

You will take the items you need to remember and add them to a place you know.

Here is what I would do:

I would take an area of my house. Let...

Keywords:

memory improvement techniques

Article Body:

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Let's say that you are going shopping and need to remember 5 items. This can be used with 50 i

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You will take the items you need to remember and add them to a place you know.

Here is what I would do:

I would take an area of my house. Let's say, my laundry room. I already know what is in there

I would picture pasta growing on the door to the room. Then in my mind I open the door to find

This is a technique the Romans used to remember large amounts of information. You can use even

You are not likely to forget the rooms of your house, or your neighborhood. Use what you know

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