

The Little Study Book Of Memory

Will Evans



The Little Study Book of Memory

Will Evans

This book is for sale at

<http://leanpub.com/thelittlebookofmemory>

This version was published on 2014-10-12



Leanpub

This is a [Leanpub](#) book. Leanpub empowers authors and publishers with the Lean Publishing process. [Lean Publishing](#) is the act of publishing an in-progress ebook using lightweight tools and many iterations to get reader feedback, pivot until you have the right book and build traction once you do.

©2014 Will Evans

For Kimberley, who gives me of all my best memories.

Contents

1. Introduction	1
2. Expectations	3
3. What is a Memory System?	4

1. Introduction

Ever wanted a better memory for names, dates, phone numbers, addresses, schoolwork, and presentations?

Ever wished you could store important facts with almost no effort and recall them on demand?

Are you a student? in business? or just want to improve your mind?

This book was written for you.

Its not a big book because it doesn't need to be. Memory systems are incredibly uncomplicated in principle and yet can be applied to the most complex of memory tasks. This book covers these systems in a straight forward way for people wanting to practically improve their memory for business, study, or personal applications.

Memory systems covered here range from the simple to the advanced, starting with basics that can be applied without practice or preparation. Then we advance on to discuss highly extendable techniques which form the core of all commercially available memory systems.

How much effort you put into any memory technique will determine how much benefit you get out of it, but it's possible to see benefits almost immediately.

All instructions provided are useful as a guide to the beginner or a companion reference to the more experienced practitioner.

We tried to make this book complete, but most of all we tried to make it small... books like this are meant to save you time not bog you down. So please, read on and enjoy.

2. Expectations

Before starting to improve your memory you should have a good idea of the sort of the benefits you can expect. The results claimed by commercial programs can vary greatly from product to product.

Firstly lets look at memory...

Memory systems don't actually improve your memory, they simply make better use of it. Think of it as using a pulley system to lift a heavy object like a piano. The pulley system is not making you stronger or the piano lighter, it's just letting you use what you have to better advantage.

Most memory systems do this by making to object easier to remember, and that takes time, with practice you can get that time down to almost nothing but it's still there.

You wont get a photographic memory and you wont suddenly be remembering things you've already forgotten.

What you will get is the ability to remember traditionally difficult things like numbers, lists, names, dates and almost anything else you want as easily as remember the layout of your house, your way to work in the morning or the taste of your favourite food.

Memory techniques also help you study and learn new things. A little bit of extra effort and it's like carrying around your own personal cheat sheet. However it is a system, a practice, and just like the pulley, if you don't use it then you wont get any benefit.

3. What is a Memory System?

Memory systems are tools for building mnemonics. And mnemonics (pronounced “ne-mon-iks”) are aids to information retention and recall.

Mnemonics transform or “encode” information from its original state into a form that is easier to remember. The word mnemonic comes from the Greek “Mnemosyne” the goddess of memory, and mother of the muses (who were sent to earth to inspire man to create great works of art and science). You could say that mnemonics inspire you to remember.

As little children we are taught lot of mnemonics, like learning to sing the alphabet. They can be songs, jokes, acronyms, visual aids, rhymes, or even stories.

My high-school biology teacher taught me this mnemonic to help me remember the classification of species:

King Plays Chess On Family Game Set

The first letter of each word corresponds to one of the levels of classification:

**Kingdom, Phylum, Class, Order, Family, Genus,
Species**

You can see more mnemonic examples in Appendix II at the back of this book.

People have been using mnemonics and memory systems for centuries. Before smartphones and computers people had to rely on their own minds to store all their important information (although they probably had fewer phone numbers to remember).

There is, however, no magic to memory training.

It helps to keep in mind that people experience things in terms of stories and events. The more interesting and richly detailed a story is the easier it is to remember, the more boring, bland, or routine an event is the easier it is to forget.

Imagine if the only thing you know about your neighbour was his name, you got told it once when you moved in and never actually spoke to the man. Nothing about the name, the man or his house stood out in any way. That would be a hard name to remember years later...

What would him more memorable?

What if the man was 7 foot tall?

What if he looked like your best friend?

What if he designed the car you drive, wrote your favourite book, or founded the company you work for?

Any of these things would make the man easier to remember, fixing the image of him in your mind clearly and without effort on your part.

Now consider that the man doesn't actually need to be any of those things, you could just pretend he was, you could picture those things in your mind because imagined

images are almost as easy to remember as real ones.

And that's all memory systems are: formalised approaches to massively increasing the level of recognition, distinction, and association you have for the things you want to remember.

Lets begin...