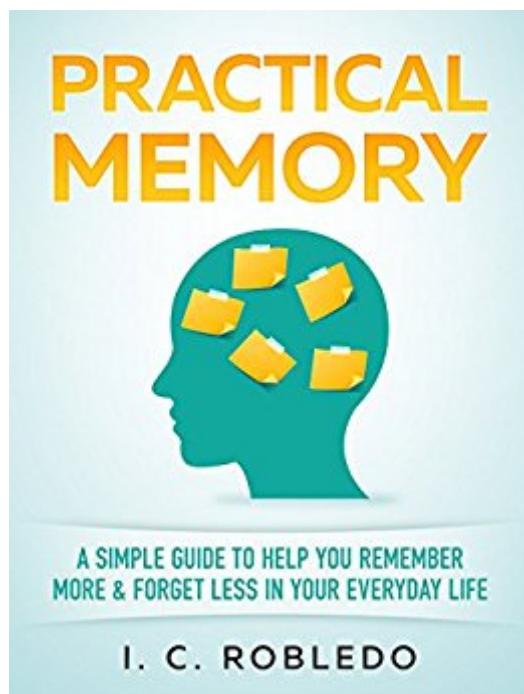


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# Practical Memory: A Simple Guide To Help You Remember More & Forget Less In Your Everyday Life



## Synopsis

Simple, Practical, à œCommon Senseâ • Tips to Remember More & Forget Less

You are here because your memory is not as good as you would like. Why might this be? Well, the internet has all the facts we need at our fingertips. Then cameras store our pictures, and smartphones contain the phone numbers of everyone we know. With so much information being recorded for us, the brain has little that it actually needs to remember. This may be good for productivity, but is bad for our memories. The problem is when we apply our memories less and less, our ability to remember can also get worse and worseâ|. The solution here is simple. We must practice and exercise our memories. Thankfully, in Practical Memory you will discover simple systems and exercises anyone can use to improve their memory. This way, you can see progress immediately, without needing to spend precious time learning difficult techniques (as with many other memory books). Internationally bestselling author I. C. Robledo has examined à œordinaryâ • people with powerful memories. Studying such people is useful because they tend to use simple, practical à œcommon senseâ • systems that we could all benefit from. Now, those tips are all compiled here into one convenient resource. Inside, you will discover: How to recall even the most difficult memories (e.g., on the tip of your tongue) Why intending or planning to remember is a key step to building memories How to stop forgetting your purse/wallet, phone, camera, etc. Why too much routine can be bad for your ability to remember How to remember where you parked the car Special tips for how to remember new locations when traveling (and stop getting lost) Start building a more powerful memory today with Practical Memory.

## Book Information

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## Customer Reviews

This author has written several monographs on improving the use of our minds. His emphasis is advice/techniques we can use, rather than theory, thus the title of this excellent book. I love how I.C. Robledo ends his concise, informative Practical Memory: A Simple Guide... with, "Create the Life You Want to Remember." This is like the philosophy of existentialists Sartre and Camus, who urged each of us to create a life we can be proud of, be pleased with. Robledo's book has useful tips for remembering that life and using our memory to be more effective within it. He starts with a catalog of general memory disrupters, having himself developed memory problems in graduate school, a most inconvenient time. A doctor alerted him to some basic memory inhibitors: inattention, lack of sleep, nutrition/medication problems, and stress. Each of these has specific steps that can remedy them. Inattention is cured with mindfulness, active awareness. To help finding your keys, always put them back in the same spot. If you are not sure you'll remember that spot, picture it in your mind as you put the keys there. To find them, picture what you were doing when you put them down. Trying to learn something new, give yourself little tests. Simplify and organize your working/studying environment to lessen distractions. When traveling, before you leave the hotel or restaurant, put anything you fear you'll forget, and cannot carry on you, right by your keys, so they all come with you. To find your car in the parking lot, note the aisle letter/number or where the aisle begins or ends. Picture mentally how you entered the area and parked. Maintain lists, like shopping lists. You may end up away from your list, yet within reach of the store, so use the first letters of the items to form a word or near-word to help you remember: Milk, Bread, prescriptions (Rx), Tape. MBRT could become "My BRaT" or "huMBeRT," ignoring the lower-case letters. Don't just put a string around your finger: make the memory aid specific: if you need to buy another of something, perhaps leave the empty container where you'll see it, an unforgettable cue. Putting a name to a face has two elements: remembering who the person is and what his name is. When introduced, try to note the association/relationship you have with him or with the introducer and try to find a way

to remember him name as well. For association, think where you met, who was there, why you were there, what happened when you were there. Paying attention to these at the time will make remembering easier. You use the journalists' litany: who, what, when, where, why, and how? After being introduced, use his or her name several times as soon as practical, and then look for things to link it to: persons and places, words that sound similar. "Frank" reminds me of a new client, Cheryl B., is a retired RN, as is my old friend, Cheryl C. A structure to link your memory to is the alphabet. Trying to remember his name, go through in order: Alan, Andrew, Bart, Bert, Carl. You may lose your wallet and cell phone and need an important number. Some numbers should be memorized, as I had to do decades ago as a child. When you have your cell phone and some spare time, memorize crucial phone numbers. Also, write down needed information; the Chinese say, "The palest ink outlasts memory." Robledo notes the Internet serves as a great technological repository of memories. I told a client about an intellectual who used comedy and laughter to fight his cancer and succeeded. I couldn't recall his name, but Google found it for me: Norman Cousins. The last portion of this book covers techniques for recalling more of what you've seen and done while sight-seeing, useful for others, but not for me, as I almost never travel. This book is a bargain. It will help you appreciate your life more and succeed well beyond your current performance level. This author writes clearly and interestingly and his books are bargains.

I've been traveling and haven't finished the book, but out of respect to I. C. Robledo, I want to at least start. I have lost my glasses and have over 5 pair...maybe 8 pair. Well, I was always trying to find them and this has gone on for decades. I would bellow to the heavens and say...help me find the darn things! Now I walk over to where they are supposed to be and 90% of the time I can find exactly the pair that I want and a backup behind it. You have no idea how good this is for me. I only took 3 pair with me on the trip and it was a snap. Reading glasses, sun glasses and special driving glasses (for double vision). You bet I'll finish the book. I've barely scratched the top. If this works so well, I'm looking forward to other problem solvers.

Practical Memory is an excellent book for busy people who aren't looking to do party tricks, but rather are seeking tips and techniques for remembering things that are actually important, like names, phone numbers and where you left your keys. If you want to memorize Pi out to the 100th degree, look elsewhere. I've implemented many of the common sense techniques suggested by Mr. Robledo with good success. The format of the book is such that you can pick and choose the areas

that you want to work on, without having to read each chapter. You can pay more for less useful information, but Practical Memory gives you exactly what it promises.

It's a very interesting book.

This book is quite true to its title, offering very simple (though maybe not easy) practical tips to improve everyday memory, both short and long term. The author also touches on other factors that can affect memory such as attention, sleep, and nutrition. Easy read with great tips.

This book is a great and direct toolbox of realities and hints, in that order, realities and hints, to improve memory. Of course you do have to use the tools and use them consistently and he shows that to have a good memory you genuinely have to exercise it and exercise it well without let up. The use of these tools to improve memory can and will if used with consistency develop in a person a "muscular memory" that is "sharp as a whip". He shows with clarity and alacrity what can be done with consistent exercise of the simple and creative use of basic reminders also. I suggest this book as a great toolbox to genuinely improve memory. I will read it a few more times and closer each time I do. Incidentally: I like the one sentence that sums up the best of memories in this book, "live in the moment". Sure, it seems simple how he uses that sentence, but do not let that fool or deter you from using the techniques or taking things for granted. You know, taking things for granted I have always deeply felt is a misuse of memory, and this book is a genuinely great reminder of that fact for me. So, without any more hyperbole or whatever, I say: Read it yourself.

As I age, I feel as if my memory gets worse and it has concerned me. My mother used to assure me that my challenges with memory was only because I had so much going on, my mind was too busy. After reading this book, I get that. Some of the most simple points in the book were the most profound: Slow down, be intentional about remembering. There were many examples I have already been doing: looking back to see where the car was parked in relation to the door, or what path I took from the car to the door of the store. I often repeat names of people I've just met numerous times (out loud and to myself). This book is completely with MANY easy and effective tools to help one improve memory in many areas and I'll be reading it again as I strive to improve even more. Very very Helpful

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