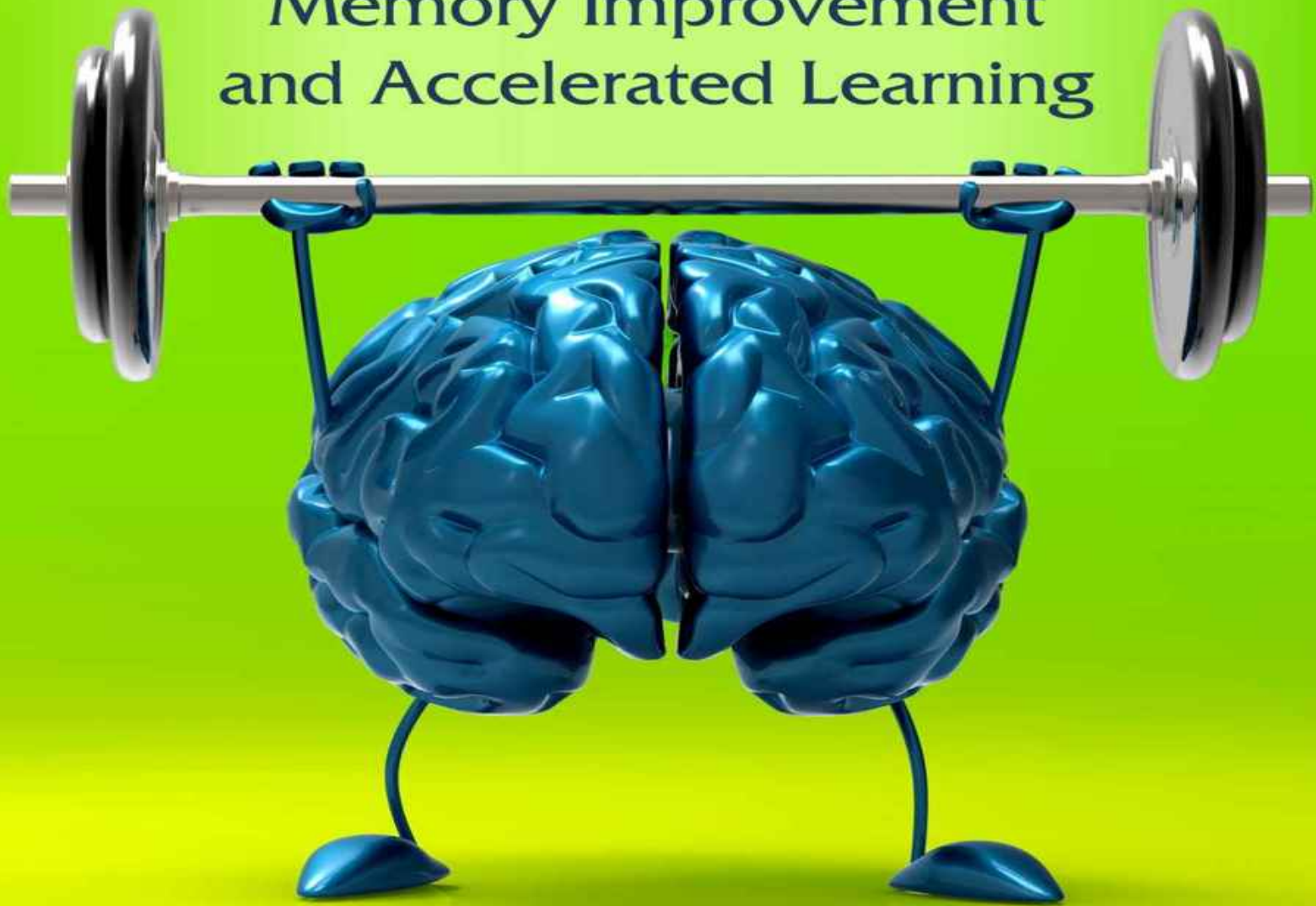


# LIMITLESS MEMORY

Brain Training Tricks and  
Techniques for  
Memory Improvement  
and Accelerated Learning



Stephen Bryant

# **Limitless Memory**

## ***Brain Training Tricks and Techniques for Memory Improvement and Accelerated Learning***

Stephen Bryant

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## Introduction

I want to thank you and congratulate you for downloading the book, *“Limitless Memory”*.

This book contains proven steps and strategies to improve your memory and to train your brain to retain information more efficiently and more quickly. Some lucky few are born with amazing memory, able to memorize anything just from glancing through it, while others may find it hard to just even remember where we left our car keys. While extraordinary memory may be a natural talent, memory is also a skill and like any skill, one can train at it to the level of mastery. The secret to have success is like anything else—have the right methods in place and the motivation to keep at it. This book will supply you with the right tools and information and if you can bring the motivation, limitless memory will be within your grasp.

Thanks again for downloading this book, I hope you enjoy it!

## Chapter 1: The Types of Memory

Memory is an integral function of the brain wherein certain information are encoded and stored and, under instances where it is needed, retrieved. Memory is an important function in the nervous system; without it, the brain would not be able to remember how to eat, breathe, do certain things, nor to walk or talk. Without having the information stored into our brains as memory, our bodies would be useless and we would be nothing but an empty shell.

In general, there are 3 types of human memory; the sensory memory, the short term and the long term memory. These types affect the type of activities one person has regularly. Often, failure or malfunction of a certain memory type would result in memory related ailments, often associated in elder people such as Alzheimer's disease.

### **Sensory Memory**

The sensory memory refers to that part of the system wherein the sensory receptors store and process the received information long enough for it to be transferred to the nervous system for further processing. It is considered one of the shortest term memory, as it usually takes place for only a short period of time, specifically the travel time of the information from the sensory receptors to the nervous system. The Sensory Memory, commonly abbreviated as SM, lets the person retain specific information through impressions even after the receptors have been stimulated. SM will allow the travel of the information up to the brain, allowing the sensation to be categorized and associated with the main senses of the body which are the touch, sight, smelling, tasting, and hearing. Sensory Memory however, is very short term as the information is immediately forgotten after a few seconds.

There are sub-types of sensory memory, each classified according to the sensory organ where the information was gathered. Two of the most studied are the iconic and echoic memory. Iconic memory refers to the memory of the information gathered visually. Studies about iconic memory suggests that the iconic memory of a person is very short that the brain

would barely have the time to process the information received for the storage of such would only last for less than a second.

Echoic memory on the other hand, refers to the memory of the information gathered through the sense of hearing or sounds. Unlike iconic memory, the information gathered through hearing tends to last longer up to four whole seconds before being completely forgotten. An experiment to test the echoic memory in a person is by dictating a series of number to them. If the person is able to retell the series in less than 4 seconds, then there is a big possibility that all he would get it right and remember everything. If the person waited for a few more seconds however, there is a chance that the he would have forgotten parts of the series at such point.

### **Short Term Memory**

The short term memory on the other hand refers to the brains capacity to store and hold information in miniscule amount for a short time period. Unlike the sensory memory, short term memory would last from 20 up to 30 seconds before being forgotten. Often, Short-term memory is associated with the working memory as they have almost the same set of definition and parameters. Take note that there is a difference between the two however, for while work term memory would refer to the active processes that you would temporarily store in the brain in order to properly manipulate the information you receive, short term memory on the other hand would refer to temporary storage of information itself.

With short term memory being temporary information storage, there are limits and duration to this type of memory. For one, only up to about 7 items or information may be stored at a time. There is an idea introduced by the Psychologist, George Miller in 1956, suggesting that short term memory may be expanded in an approximately seven plus or minus two items at a time.

As a person ages, one would feel symptoms of memory loss. Deficit of this ailment are often attributed in short-term memory, and is visibly observable to people between 55 and 85. Memory ailments which affect the short term memory include Alzheimer's disease, Advanced Ace, Schizophrenia, Aphasia, Short-term memory and intelligence, and Posttraumatic stress disorder.

## **Long-Term Memory**

LTM or the Long Term Memory, unlike the SM and STM, would last for such long periods of time. It is also known as the reference memory, and this refers to the information that is stored and used for daily task performance. Unlike STM where memories would last for about 30 seconds at most, Long-Term memories are very long that I could last from days to decades at most.

LTM is classified into 2 types; the explicit and implicit memories. Explicit or Declarative Memories refer to the information that your brain looks into for conscious actions and decisions. Such memories could refer to either specific events or any particular knowledge or information that you use daily. The Procedural or implicit memory on the other hand refers to the information that your brain uses for unconscious activities, including body movement and the capacity to manipulate objects. Another perfect example of procedural memory is driving or using a gadget such as a computer. In these both cases, learning them at first may have been integral, but they would gradually move on as an instinctive or natural process as you go along, knowing fully well the process of manipulating the car without much conscious effort.

In the following chapters, we will delve deeper into understanding memories. We will find out what we can do to improve our memories, and how our daily lives and activities affect are our information storage capacity over time.

## Chapter 2: Attention is the Pathway to Memory



A positive effect of having a clear and concise memory is by being able to fully concentrate on a particular task. Eliminating distractions in everyday life is truly a challenge for anybody, and for the most part, people find themselves in trouble, figuring out a way to concentrate and focus on a task. Here are some things that you may try doing in order to sustain your focus and retain your concentration.

***Eliminate distractions*** – people tend to have terrible digression and short attention span to whatever task that they are doing when there is something else that keeps their attention away from the task at hand. It could be through a text or call, a television program, a particular game---anything at all. The first and probably best step that you can do about this is to remove all the potential distractions. Shut off your cellular phones and tuck it far away if you have to, or perhaps turn off the TV. This way, you would have your undivided attention to what you are doing and not find your mind floating somewhere else.

***Take a break once in a while*** – there may be tons of things for you to do and that could be overwhelming. There are even times when somebody is so overwhelmed by the swamp of things he must accomplish, his brain would tend to retaliate and cease to properly “function”, causing you to not do nor accomplish anything in the end. Studies show that a person’s attention span to a particular activity lasts for 2 hours at most. It is therefore essential for you to take a short break---probably going away from your task laptops or books to get coffee somewhere. This way, you would not



feel stressed and would have enough time to process and sort out your thoughts as you get back to the job to be done.

***Create lists and reminders*** – one of the best ways to ensure that you will remember everything is by creating a to-do or reminders list. Doing so will allow you to see all the things you need to accomplish. Place post it notes on the important parts and cross out the things that you have accomplished. Doing so will allow you to have a clear overview of the things you were able to accomplish and the rest of the items that still needs to be done.

***Time Management*** – proper time management is always a part of maintaining concentration. Setting a particular timeline to accomplish a particular task encourages a person's memory and skills to do their best in finishing an activity, warranting their full attention in order to do so. Start by accomplishing tasks that would consume the shortest time; this way, you would be able to accomplish a lot in a short amount of time, and be able to concentrate and give your best in longer tasks.

***Proper diet*** – believe it or not, a balanced diet plays a very important role in memory enhancement. The nutrients that you would get from food stimulate your memory. A person with insufficient amount of nutrients in the body would result to him being sluggish, and therefore unable to concentrate on what he has to do. Further, the idea of being hungry and the desire to eat is often a very strong distraction that will fully disrupt your concentration. Therefore eating (this should be healthy and in moderation!) should take precedence once you feel the need to do so. After all, there goes a saying that “an empty stomach leaves an empty brain”, and you wouldn't want to have that.

***Have enough sleep daily*** – this is similar to that of the food distraction. Lack of sleep causes low energy, therefore letting the body feel very sleepy. Your brain tends to float to outer space without as much energy that it could have had. Never be worried that you feel sleeping in the middle of a task! Take a power nap---usually about 10 minutes to an hour----so that you can regain your energy to work and concentrate some more.

There are plenty of other things that you can do to guarantee concentration. Included in the list are balanced and appropriate exercise, self-challenge and medication. Just make sure that all these, especially the one with medication, to be consented and recommended by a medical professional for you to experience optimal results.

## **Chapter 3: Association is the Key to Remembering**

The brain is an important part of the body as it provides all the necessary information, steps, and procedure for a person to function well. As with any muscle in the body, you should always have some simple exercises for it in order for the brain to function in its pristine condition. Basic exercises for the brain also serve as a stress reliever, allowing you to unload all heavy burden and feelings you may have at some point to relax and reorganize.

One perfect example of relieving the stress—and brain in the process is by having regular meditations. Basically, the brain functions 24/7---it never rests. The only ever time where it can catch up with all the information it has processed is when you are asleep. Meditation also opens up the chance for the brain to relax and process all information you gathered for the day. It allows you to focus and concentrate at some point.

Meditation in fact, provides a lot of evidences to its medical benefit to mental health. In fact, studies reveal that it could help improve different medical conditions, including anxiety, depression, and even non-mental health related ailments such as high blood and diabetes.

Another useful brain activity you may try is brain games. These are simple games that will allow you to exercise your brain function to the fullest. Make sure to allot at the very least, 20 minutes of your time in simple brain exercises, preferably before you begin studying or working. This way, your brain is fresh and fully functional by the time you begin with your tasks.

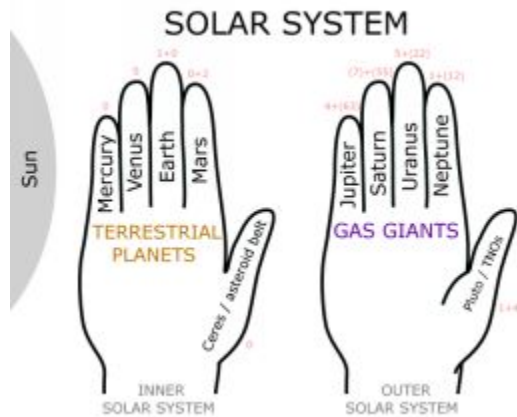
These brain games are effective in improving your memory, especially in terms of reasoning. Picture puzzles for example, will allow you to practice your sensory memories as you make sure to remember the picture and use your analytical skills in putting the puzzle pieces together to reform said picture. Sudoku and other number games on the other hand, allow you to tap into your long term memory and help you figure out the correct number sequence for the number puzzle to be complete. Basically, anything that may potentially stimulate the brain---rubrics cube, puzzle, item finding, or anything at all---is a good activity to enhance your memory.

Just keep in mind that the activity must always be something new and challenging. Doing an activity you have done in the past will not be a good exercise as you have already familiarized yourself at it at some point and would therefore find it easier to accomplish the task simply by remembering and not by analyzing, which would defeat the exercise's purpose.

Another trick for improving memory is by using simple tricks and devices to ensure that you will remember particular information. Most often, people would associate certain things in order to remember certain information. There are also others which conduct simple methods in order to remember the provided information more effectively. Some examples are by grouping information together up to the allowed memory limit, by using acronyms, by associating information with several visual representations, or even by singing. There are a lot of these tools that are often used, and they are called the Mnemonic device. Further explanations on this device will be provided in the next chapter.

Probably the most important part of enhancing the memory is by closely paying attention to the information being relayed or provided. In here comes the idea of full concentration. To make sure that you will successfully remember a particular item, you should immediately eliminate any signs of distractions and focus solely on the task at hand. Paying full attention to the task would increase the chance for you to remember the task as all of your attention and brain function focuses on such task.

## Chapter 4: Mnemonic Tricks



Mnemonic Devices are the tools or strategies a person uses to effectively remember and improve brain function. Introduced and defended by Gerald Miller in 1967, he contended that the effectiveness of mnemonics to memory improvement is very effective, and his study even showed that his students who are the subject of his study, were able to increase their test scores to as high as 77% when using a mnemonic device.

There are basically several types of mnemonic tools. Here, some types of mnemonics will be given focus, all of which are known and considered as the most common type of all.

**Connection Mnemonics** – Connection mnemonics refer to the strategy wherein information is connected and associated to relevant information to easily remember. For example, North is located above while South is below. In geography, the globe is surrounded by imaginary lines often used by astrologists and geophysicists in order to track and continuously study earth, and these are called the longitude and the latitude. By associating North-South direction to the word longitude, you will realize that longitude refers to the straight vertical line in the globe. The association of the direction to the line is the letter “N”, which represents North. Of course, latitude, by order of elimination, is obvious referring to the horizontal line, because it does not have any letter “N” on it.

**Clustering** – clustering refers to a group of information grouped together in order to memorize an information more efficiently. In memorizing a telephone number for example; people tend to group the numbers together in three to four digits so that it will be easier to remember them. One example is a tall number; 18008808008. Just by looking at it blandly and plain like that, it will be impossible and a little difficult for someone to remember it. However, by clustering or grouping them to remember; 1-800-880-8008, it became easier to process and therefore memorize.

**Name Mnemonics** – Name Mnemonics is almost the same as that of acronyms. In here, you rearrange the first letter of the words so that you can form a name of a person or anything so that it will be easier for you to recollect and remember. One perfect example is ROY G. BIV. This may look like a name---although this actually stands for the seven colors that you would find in the spectrum or rainbow. The name in fact, actually stands for Red, Orange, Yellow, Green, Blue, Indigo, and Violet. People often use this to easily remember a particular list.

**Word Mnemonic** – this mnemonic is also similar to acronyms and name mnemonics, although instead of using the first letter, you would use a word that starts with the same letter of that one you intend to memorize. This may look a little bit confusing, but it is proven effective as this process is often viewed as something rather interesting and is therefore memorable. An example is the sentence “Please excuse my dear Aunt Sally.” This sentence actually stands for the order of mathematical operations that you must conduct when doing calculations. The sentence actually stands for Parenthesis, Exponents, Multiply, Divide, Add, and Subtract. You would see that the first letters of the mathematical operations are the same as the first letters of the sentence.

**Music Mnemonics** – there are people which easily remember information with the music he or she associates it with. This could be attributed to the music he was listening to by the time he learned the information; or perhaps he made his own rendition of a song by putting the information in as lyrics. Music mnemonics is also the target of TV Advertisements. They use rather attractive and repetitive jingles with lyrics that are easy to remember so that

people will immediately remember their products when they hear the song or perhaps remember the song when they see the product. The repetitive lyrics in the jingle also help the shoppers remember the product.

***Model Mnemonic*** – model mnemonic may look a little complex compared to others. Often, this represents a particular process, and it helps people easily remember the process by seeing pie charts, graphs and sequences much better compared to word documents explaining the nitty and gritty details of a procedure. One perfect example is the Krebs cycle, or that biochemical process in the body referring to the creation of ATP or energy that a person uses to fully function. Unless deeply interested in Biology, one would find the written process rather confusing, deep, and thoroughly scientific. By presenting the process through a model however, one will be able to see the smooth flow of the process and successfully memorize the cycle in an efficient manner.

***Rhyme Mnemonics*** – Rhyme Mnemonics is strongly similar to the music mnemonics. In this case, the information is transferred as a poem. There are also instances wherein words or phrases with similar sounds are used to effectively remember the information. Distinguishing the difference between Cyanate and Cyanide for example, could be used with rhyme mnemonics. In this case, Cyanide is a fatal chemical, and could therefore use “I ate and I died”. “I died” rhymes with cyanide, and perfectly describes the unfortunate after-effect of cyanide as a fatal chemical which causes death.

***Image Mnemonics*** – Image mnemonics appeals to your sensory memory, particularly to your photographic memory. Image mnemonics uses the power of images and pictures associated with the information in order to help you remember it. Images may not have to be perfect, for what’s more important is that you will be able to understand it and remember the information it signifies. BAT for an example, refers to a list of depressant drugs; Barbiturates, Alcohol, and Tranquilizers. One way to remember it and its purpose is to depict it as a rather depressed and gloomy looking bat. The bat in itself is already the information that you need, and the bat’s state of depression may refer to the purpose or definition of BAT. People often

contend that the sillier the image is, the more interesting and easier it is for a person to remember.

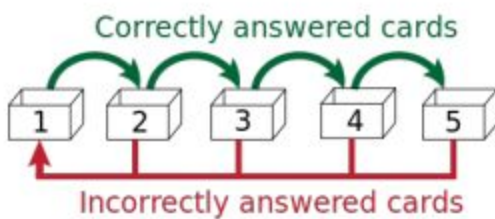
There are many other Mnemonic tools that you can use, including Note Organization Mnemonics, Outlines, Spelling Mnemonics, and many others. All of these may be used to your convenience. However, keep in mind that the purpose of mnemonics is to easily remember and memorize any particular information. Therefore you should avoid creating fancy and complicated strategies for it will only defeat the purpose of remembering. Instead, use simple and easy to remember notes, items, music or abbreviations for you to remember.



## Chapter 5: Leitner System: Flashcard Learning

One of the proven effective way of improving memory and memorizing information is through the Flashcard learning or the Leitner System. In this learning system, the set of information is in a set of cards that are flashed to the learner for remembering, memorizing, and answering. The cards are repeatedly shown and used until they are eventually memorized and fully remembered by the learner.

The Leitner System was proposed in the 1970 by Sebastian Leitner, a German science journalist. His system stressed on the spaced repetition of the information in which the item, written in the card, is reviewed at an interval.



### **Method and Implementation**

The cards are usually stacked into groups, categorized from which items are easier to remember for you to those which you find hard to solve. You can begin by trying to solve a problem from the card where with the hardest problems. All those where you made your mistakes will remain there, while those you answered correctly will move to the next box where it is not difficult, although not very hard either. If by the time you reviewed that second box and failed to answer one problem, that card will get demoted and will be returned to the first box with all the hard problems. Those you answered from the second box on the other hand will be moved to the box where those problems you can easily answer are placed.

The flashcards are reviewed at a scheduled interval. For instance, the box with the hardest information may be reviewed at a daily basis; the box with the average questions at least every two days, while the easy ones are checked and reviewed every three days. The long periods of interval

coincides with the level of difficulty of the information or problem to be solved and are usually arranged as such to ensure that you will be able to prioritize learning the harder and more important ones over the other.

So to speak, the system promotes repetitive review of the information as they are classified into those which you can easily remember, those that you can, but may take some time, and those that you consider the hardest. This way, you can review all information accordingly, and be able to repeat and check on the questions and answers until such point where you can finally remember all the necessary information that it depicts.

### **Current Setting Application**

The Leitner System has been proven as an effective means of learning especially for those who needs to integrate it as basic or standard information. In fact, this system has been often applied in a classroom setting, especially to the preschoolers. This way, they will be able to learn and re-learn all the information, from alphabet to numbers and be able to get back to the information as much as they could and focus on the points where the students are having quite a challenge with.

At present, Leitner System has already adapted to the technological advancement. Now, there are various software applications that implements a similar process as that of the Leitner System. These computer assisted applications, also called electronic flashcards, are currently being used at various establishments and learning centers to provide easier and more proficient way of learning with the help and integration of technology.

## Chapter 6: Mental Filing Systems



The Mental Filing System is a memory system that helps you organize and rearrange your thoughts so that pulling up information from your brain would be easier and more efficient. There are moments when people find themselves forgetting particular information. The problem here however, is not forgetting the information but forgetting where said information could be “located” or retrieved from the brain. The issue therefore lies with how you can get the information out easier and more efficiently so that the information would not get lost in our memories.

For that, there are a number of memory systems. These are a set of strategies that one can try out in order to effectively put tags on the information gathered and stored in the brain. The methods, similar to mnemonics, are aimed to help the brain remember, not the information but in this case, to help pull out the information from where you stored it. Here are some common techniques available and often used:

**Keyword** – Keyword system is familiar with some of the mnemonic tools discussed in the earlier chapters. In this case, a particular word or set of words associated with the set of information is remembered. These words may be bizarre or unique—depends on how you see fit. The important part in this case is that the keyword is easy enough to remember and is associated with the selection of information you are attaching itself to.

**Method-of-Loci System** – Method of Loci is usually used for memorizing long lists of information. One good example to use this method with is when memorizing the 50 US States. Method of Loci requires several

mnemonics and memorizing techniques all of which are combined together in order to successfully memorize and remember all the information.

The first step in using the Method of Loci is by selecting a particular pathway or destination. Use the one which you use often, so that it will be easier for you to remember and place tags to several information there later on. Selecting a place that you know and very familiar with is essential so that you can rest assure that you will not get lost in memorizing the order of the list that you need to remember.

The second step is to tag each pathway with keywords that would make you remember the information. It could be an alternative word that is easy for you to remember, an image, or an abbreviation.

The third and final step is to associate the tag with the information. What is important here is that you will easily remember and recognize the keywords and the information it is associated with. Make sure that the tag you choose will make you remember the information and not further confuse you. If you need the information memorized in order, then you can imagine your tags placed in order as well. This way, you will easily remember which information comes before or after the other information.

***Phonetic Number Method*** – This type of method has been used by people for over 300 years now. The purpose of this method is to help easily remember a long series of numbers by substituting the numbers into letters. The letters represent the numbers and are often rearranged into words that you can memorize. Studies show and proves that memorizing a long series of number is impossible. But if you are able to transform this into a set of letters and group them together to form a word or two, the case would have been different.

***Name-Face Method*** – the name-face method is often used by those who often meet and must remember a lot of people at a time. This method, just like the Method-of-Loci, is a combination of different mnemonics and a few tricks that will help you remember the name of the people in an easy way.

The first step to this method is to, of course, get the information. You need to know the name of the person you are speaking with, and make

sure that you remember the name well. That's the information that you will need, after all.

The second step is to find a distinctive feature in that person's face. More than remembering his face, you can find a distinct feature that you could easily remember in his face. It could be the large mole above his left eyebrow, or his rather thick eyebrows. Remember that it must be unique and that this feature could be something directly associated to him. It doesn't necessarily have to be a facial feature. It could be something distinguishable and prominent in that person. You could remember him through his birthmark on his right arm, or his rather bulky looking feature. Whatever it could be, make sure that it is something you would remember this person by.

Finally, create a mental picture where you can associate this person's feature and name. He could be "Mr. Smith with the thick brows" in your mind. Be careful with this though! Make sure to remember this association in your mind but avoid trying to say this out loud. While this could be something that may be considered as an effective means to remember and memorize people's names for you, this may, however, be something that could be offensive to them. Therefore you should take some time to practice calling them out by their names while pulling up the association from your mind. While the keyword "Mr. Smith with the thick brows" registers in your brain, make sure to only call out "Mr. Smith" verbally to avoid unwanted complications.

There are other means of memorizing information. As in mnemonics, all these are designed specifically to help people remember details that are long and beyond the capacity of what memories could offer. Use these techniques to improve and enhance your memories in the best way that you can.

## **Thank You!**

I want to thank you for downloading and reading this book. I hope my words and ideas were able to help you improve your memory and help you retain information more efficiently and effectively. I have no doubt that if you continue to train and practice with laser focus; you will certainly reach that mastery level with your memory.

Thank you once more for reading. Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

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Preview Of...

# **The Happiness Edge: How to Develop a Positive Mindset to Improve Your Happiness And Elevate Your Life**

## **Looking for the Real Thing: Understanding Happiness**

It's no question that you, and everyone you know, along with everyone *they* know, all want to be happy. The simple truth is, who doesn't? Being happy is one of the first emotions we learn as a child, instinctive to us and learned much earlier than concepts of pride, shame, accomplishment, depression, hope or betrayal. It just comes with the package, it's one of the first few feelings handed out to us during orientation and it's something we keep clutching to our chest or searching for our whole lives. It's riddled into our songs, we know what face to make when mommy shows us off to her friends and tells us to "act happy", even as we grow older it's the subject of almost every movie, book or song. If it isn't the exact feeling of happiness itself, it's something related to it—the misuse of it or the absence of it. Let's face it, we humans are absolutely obsessed with happiness, and it's no wonder that you're holding this book in your hands. And who can blame us? There is hardly anything in the world that can make us feel as good as when we are happy.

But what is important to realize is the fact that this emotion, though it has been with us for as long as we can remember, is one of the trickiest emotions out there. Not because it is difficult to spot or catch like love, but because most people don't understand exactly what it is, even if they think that they do. So, it is important to be able to truly know what real happiness is if you ever hope to attain it and use it to change your life for the better.

***Know What Happiness Means to You***

What is happiness? This may sound like a simple question to you, and you might think the answer is a no-brainer. But it is funny how such a seemingly straightforward question can be riddled with layers. When you read that line, did you come up with an answer with a snap of your fingers? As though I had asked “What color is the sky?” to which you would roll your eyes, smile and say, “Blue.” The interesting thing is that most people actually take a while before they understand what happiness is to them. You would think that something at the top of so many people’s priority lists would be something they understood like the back of their hand. But when you really think about it, when faced with this question, most people have to take a moment, look up into the sky and think, what *really* is my understanding of happiness?

This is because happiness means different things to different people. It’s easy to enumerate the many things that could *make* you happy. That’s a piece of cake. Rainbows, chocolate ice cream, sand beneath your feet, a child’s smile in the morning, sunlight through the clouds... I could go on and on. But do you know what it actually means when you say you are happy? If you have trouble defining it and you come up with a shaky, vague definition of what you think it is, then just imagine how shaky and unstable it would be for you to actually try to find this elusive feeling among the many, many things available to you in this world. Well, the Merriam Webster Dictionary defines it as either a state of well-being or a pleasurable experience—but these two are completely different meanings when you really think about it. If you want to be truly happy, you need to understand what kind of happiness you are actually looking for. What happiness actually means to you.

[Click here to check out the rest of The Happiness Edge.](#)

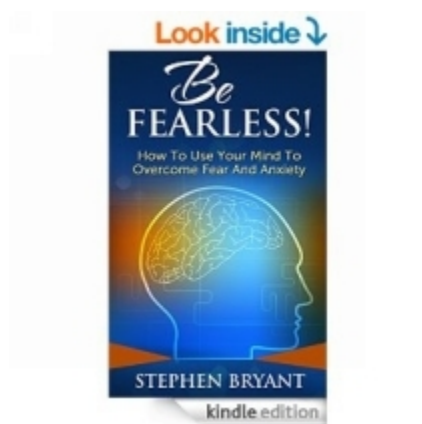
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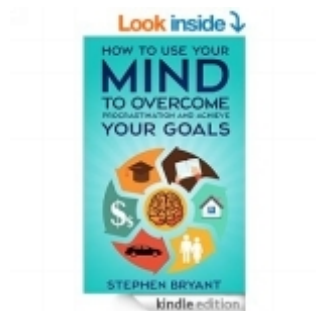
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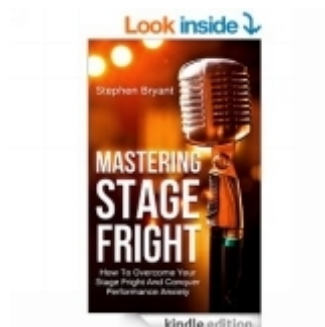


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