

Download Mnemonics Memory Palace How To Build A

One of the most useful memory aids was created thousands of years ago by the ancient Greeks. And the memory palace, a place in your mind where you can store information that you need to remember, is still relevant today.³ The 1st Person Memory Palace Using this kind of Memory Palace, here's what happens: You imagine yourself in the Memory Palace. You then imagine yourself seeing the journey you are following through your own eyes. Guest post and podcast narration by Tor Refsland. You've finally made the decision. You are going to improve your memory by building a Memory Palace and learn how to memorize things fast using memory techniques. How to remember images. You know those games that ask you to look at a picture and then quiz you on what you just saw? These games supposedly test your "photographic memory".