

MEMORY

**EASY TECHNIQUES TO DEVELOP AN
EXTRAORDINARY MEMORY**

**TRY TO
MEMORIZE
THESE WORDS
IN 2 MINUTES**

1. DOG
2. LEAF
3. BOOK
4. BUTTON
5. BOTTLE
6. PEN
7. SHOE
8. CHAIR
9. SKATEBOARD
10. KEY
11. LEMON
12. HAT
13. HOTEL
14. FLOWER
15. YELLOW
16. TREE
17. CROCODILE
18. BIKE
19. CUBE
20. CARPET

1. CANE
2. FOGLIA
3. LIBRO
4. BOTTONE
5. BOTTIGLIA
6. PENNA
7. SCARPA
8. SEDIA
9. SKATEBOARD
10. CHIAVE
11. LIMONE
12. CAPPELLO
13. HOTEL
14. FIORE
15. GIALLO
16. ALBERO
17. COCCODRILLO
18. BICICLETTA
19. CUBO
20. TAPPETO

20	PRODIGY
19-16	GREAT
11-15	VERY GOOD
7-10	GOOD
3-6	SUFFICIENT
0-2	... REALLY?

POWER OF OUR MIND

IMMAGINATION

PAV:

- PARADOX (CREATIVITY)
- ACTION
- VIVID (5 SENSES)

EXAMPLES:

DOG, BOTTLE, EGG

FIRST METHOD: ASSOCIATIONS

A dog walks on dry leaves and at one point finds a book on the ground, opens it and finds a giant red button...

Now let's try to memorize 10 words in 1 minute, it will be very simple now

1. SUGAR

2. HEART

3. PEACH

4. STONE

5. OCTOPUS

6. MEAT

7. GRANDMOTHER

8. LAMP

9. SANDWICH

10. STREET

1. ZUCCHERO

2. CUORE

3. PESCA

4. PIETRA

5. POLPO

6. CARNE

7. NONNA

8. LAMPADA

9. SANDWICH

10. STRADA

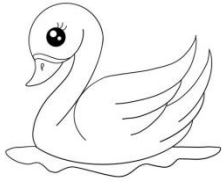
**THE STRENGTH OF THIS
METHOD IS THAT YOU
WILL BE ABLE TO
RECALL THE WORDS
EVEN IN REVERSE,
SIMPLY BY RETRACING
THE STORY IN THE
OPPOSITE ORDER.**

SECOND METHOD: NUMBERS AND OBJECTS

1



2



3



4



5



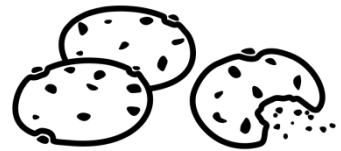
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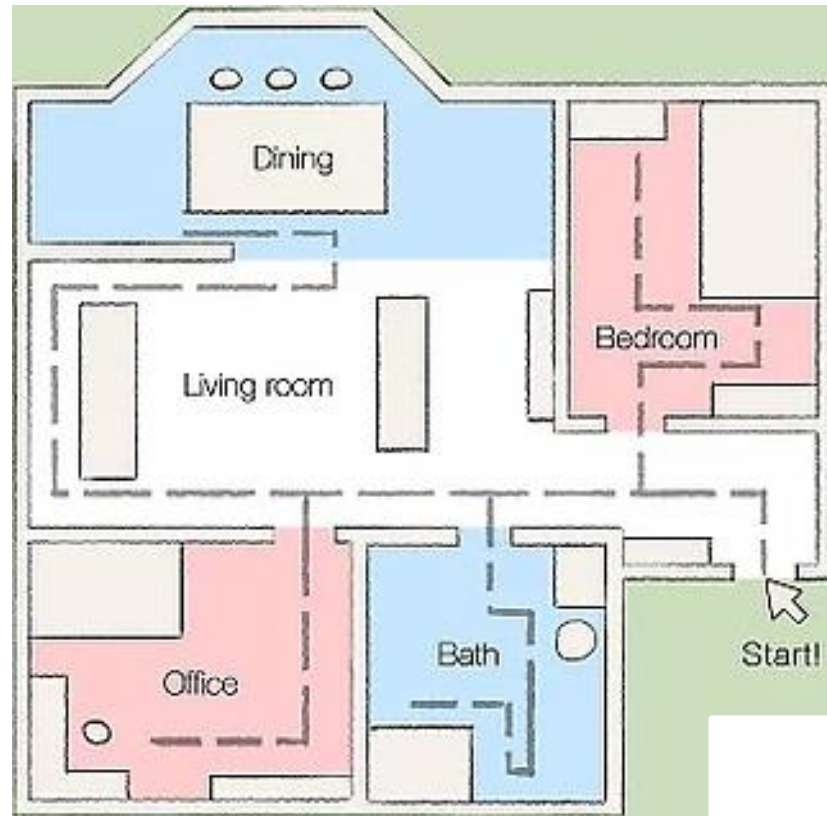
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THIRD METHOD: PALACE OF MEMORY



MULTITASKING

ANY QUESTIONS?

I HOPE NOT