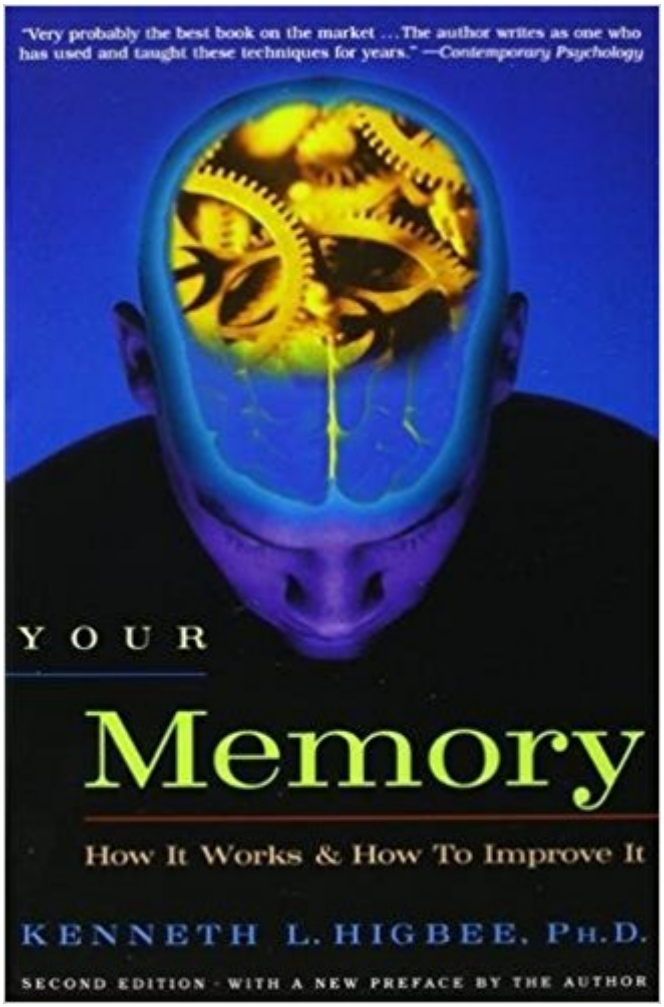
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Your Memory : How It Works And How To Improve It



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Synopsis

Do you want to stop forgetting appointments, birthdays, and other important dates? Work more efficiently at your job? Study less and get better grades? Remember the names and faces of people you meet? The good news is that it’s all possible. Your Memory will help to expand your memory abilities beyond what you thought possible. Dr. Higbee reveals how simple techniques, like the Link, Loci, Peg, and Phonetic systems, can be incorporated into your everyday life and how you can also use these techniques to learn foreign languages faster than you thought possible, remember details you would have otherwise forgotten, and overcome general absentmindedness. Higbee also includes sections on aging and memory and the latest information on the use of mnemonics.

Book Information

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Customer Reviews

Kenneth Higbee, Ph.D., is a professor of psychology at Brigham Young University where, among other subjects, he teaches courses he developed on memory improvement. He writes for many professional journals and has lectured and conducted workshops for diverse audiences, including business and professional groups, memory researchers, as well as children, students, and the elderly. He lives in Provo, Utah.

I purchased this book to help me study more effectively for my CPA exams. Overall I found this book to be very helpful, and I highly recommend it. I liked this book because it introduced me to some tools I had not heard of before, or had not thought to incorporate in my studying. Specifically, for me learning about the SQ3R method, and the Peg method were most helpful. I will say that the

title of this book is very accurate: in each chapter the author takes time to discuss scientifically how the brain works, and then shares a specific tool to help you improve your memory. As I bought this to improve my memory I found myself skipping the scientific parts in order to get to the tips and tools. I will also say that I imagine most readers won't need every technique the author includes, and will find themselves skipping over parts of this book to get to the specific tools (i.e. you may find it easy to memorize passages of poetry or verses of scripture, but find it hard to remember names). That is fine as the book can be read cover to cover, or used as a reference tool. In conclusion, I highly recommend this book to anyone looking for tools to improve their memory and their study habits.

I read this book early when I first started undergraduate. It was interesting and I found lots of fun tricks to memorize things. However, i only saw them as tricks, and didn't really think much to apply them to my studies. I didn't really find them necessary.Ever since I entered medical school, I've become more and more conscious at my inefficient attempts to memorize material. Subconsciously I've been applying nearly all the memorization tricks, minus the pegging and loci system, to my studies and have been getting mediocre results. After an average semester, I decided to give this book a 'review' which reinforced many concepts that I had been halfway applying. Next semester I intend on consciously framing my study plan around the major principles (remembering, retaining, recalling) - and deliberately applying mnemonics and the sq3R (survey, question, read, recite, review) system to enhance my performance. I would recommend this to those who are looking to improve their grades or score in the top percentiles in the biomedical sciences.

Great Book! It changed everything I thought about memory and mnemonics. Can't believe I was so ignorant before. I can only describe it as: "I didn't know what I didn't know...". If you apply only 1/10 of the techniques that are in this book, you'll be 100% better in remembering things! Highly Recommended to practically everyone, from students who study to shoppers who just want to memorize their shopping list.

As a former schoolteacher myself, and a fan of memory expertise (took Dr.Bruno Furst's course live and by mail; taught his methods in adult evening classes) and an enthusiastic promoter making things more efficient, as well as being more informed, I cannot say enough about this tome. In fact, I ordered four more, thinking about my current students and grandchildren. Honest, entertaining and most thoroughy researched, I believe it is top of the line. I have and enjoy books by Harry Lorayne,

Jerry Lucas, Bruno Furst, Dominic O'Brien, Tony Buzan, and others. His research about methods used centuries ago, engenders much curiosity; I now wonder what techniques were used by the Greeks; by the African Griots; by St.Thomas Acquinas; by Cicero; I mean, how facinating is that!!! I say get it immediately!!! None of the others have the plethora of references in the back of his book. None of the others conceptualizes and explain the pros and the cons of each of the methodologies as he does. With that being said, Jerry Lucas (who did 4 years of college in 3 years, phi beta kappa) has a book,"Learning to learn",and an Easy Names and Faces book, deserves a look-see....

This book presents the concepts and techniques of memorization and then delivers lots of data and studies on the effectiveness of each technique and the alternatives.To make an analogy, if you are interested in learing to play the violin, this book would tell you about the construction of the instrument, the history of the violin and importance of it's use in music. Covering details of how one might hold and bow with all the variants and used by accepted master and which ones tend to lead to best results. At the end you would have a very clear idea that in order to play you will need to place your fingers on the strings in a certain way while bowing. If you manage to do this the results will be wonderful. You will be very encouraged and excited about learning to play the violin, but you will not have really even tried to play a note.After reading Higbees book, I purchased "The Memory Book" by Lorayne & Lucas. The get right down to it using the exact techniques that Higbee spends 200 pages convincing you work. Within 2 hours I had memorized all 50 states in alphabetical order. Back to my violin analogy, I was playing "twinkle twinkle little star" rather than just reading about it.

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