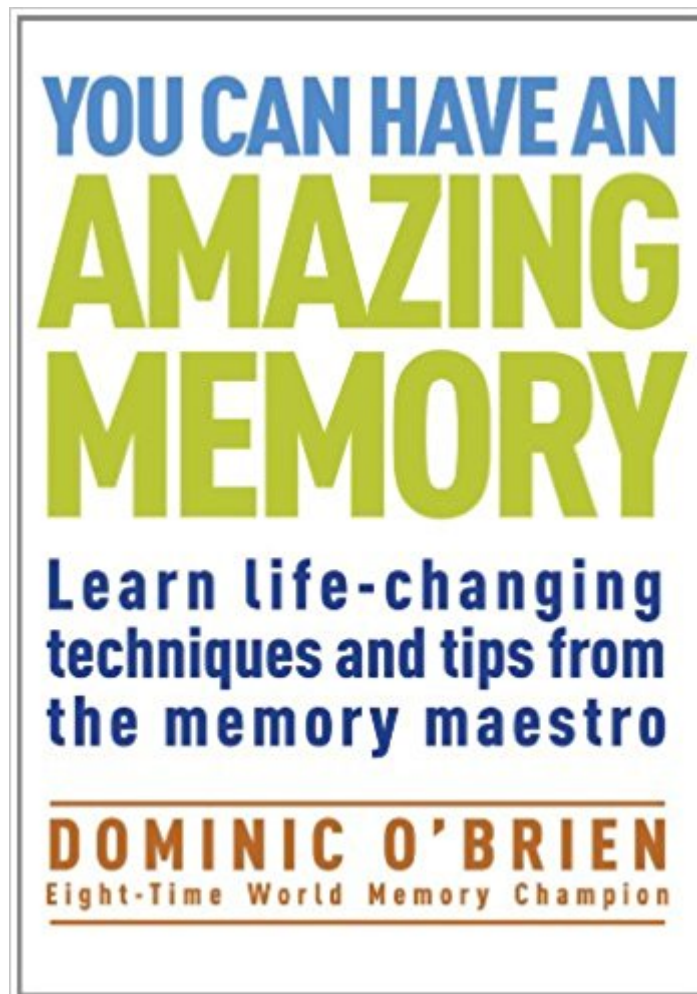


The book was found

You Can Have An Amazing Memory: Learn Life-Changing Techniques And Tips From The Memory Maestro



Synopsis

Never forget a name or a number again! Dominic O'Brien is legendary for winning the World Memory Championship eight times and outwitting the casinos of Las Vegas to win a fortune at blackjack. Here, for the first time, he reveals his secrets for memory mastery. Follow his brain-boosting techniques and turn your mind into a super-powered computer that will recall PIN numbers with ease, remember directions, and help bring you success in business, leisure, and relationships.

Book Information

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Customer Reviews

This has to be the pinnacle of work for Dominic. He has distilled his ideas from numerous previous books, added excellent exercises and given you ways to actually use the tools in real life. I have been drip-feeding my children ideas from this book and they are starting to see results in both memory and creativity by flexing the mind. Sure, not everyone wants to be a world champion but we all want better recall and grasp of the world around us. Very well written Dominic demonstrates his sense of humour and is humble in describing his achievements stemming, by his own admission, from a poor academic start in life. If you liked "Moonwalking with Einstein" then this really gives you the toolkit to make it happen for you! Couple this learning with some of the great apps available for smart phones and you will develop a formidable memory in no time.

MR. O'BRIEN'S "52 WEEKS TO A BRILLIANT MEMORY" IS BETTER, BUT TOGETHER THESE BOOKS WILL GIVE YOU A BRILLIANT MEMORY - IF YOU STUDY AND LEARN THEM. THE

RESULTS WILL BE AMAZING! WORTH THE YEAR OF STUDY AT ABOUT 1 HOUR PERDAY 4-5 DAYS PER WEEK PLUS USING THE TECHNIQUES IN EVERYDAY LIFE.

The "Dominic System" laid out in these pages is, for me, by far the most natural and user-friendly method of memorising or working with strings of numbers and letters because it is based upon:1. people and actions, which are endlessly more interesting than the systems of, say, Tony Buzan or Dr Bruno Furst which are largely based upon objects;2. an interchangeable number-letter code that couldn't be easier to pick up or refer back to as, again unlike the other much more confusing and working-against-oneself systems I am aware of it pretty much follows the order of first ten letters of the English alphabet(for these two crucial reasons, my book MEMORY PALACE DEFINITIVE and all future ones I am working on are compatible with and expand upon Dominic's number-letter code and System. I also tout Dominic's earlier book HOW TO DEVELOP A BRILLIANT MEMORY WEEK BY WEEK as my standard text on memory improvement in my chapter on both this subject and developing fluid intelligence in the Pat Wyman-edited book AMAZING GRADES).I slightly prefer HOW TO DEVELOP A BRILLIANT MEMORY WEEK BY WEEK over YOU CAN HAVE AN AMAZING MEMORY, which is still, for me, by far the standard in the field because it is both slightly more concisely focused (but still with sufficient examples for practice) on the various interlinked memory improvement techniques and covers a few more of them.

I am very happy to review this book as it is well written and offers a wealth of information....shortly after I was half-way finished this edition I purchased the duplicate kindle version plus the author's audio CD set (older version.)In trying to learn a new foreign language I knew (@ 62) I needed not only good sources for my target language... plus a review of English Grammar terms.....but a better way to remember "things."This author provided many keys to remember items,words etc. with his "journey", "peg" & other systems that other authors expound uponbut...I liked this author's style to start with. Look up mnemonics to get a feel of what may be in store for you .

While I have read some of the other introductory books on improving memory (i.e. Harry Lorayne, and Jonathan Foer's work), this was a very different approach that I am sure that I will use for everyday memory tasks. I am less concerned with becoming a memory champion and rather more productive in my own life and in the lives of my clients (as a clinical psychologist.) Some people have had the same difficulties that Dominic O'Brien talks about with attention deficits, and I have already have begun introducing the practices of "linking" and "journeys" to improve their recall. His

book helps prove to yourself as to how effective the use of these techniques are in gaining confidence in one's memory functions. As he points out in the book, it still requires lots of training to get the most out of the training, I think it's well worth the investment. It's like introducing software for the brain to help organize all that we would like to recall at a time when we need it.

It is now widely accepted that we think in either words or pictures. When we think in words, we are actually sounding words out in our minds. When we think pictures, we have visual representation. (In this later mode, you might activate all five senses.) When you connect words (or numbers) with pictures in your mind, amazing things happen. First, you'll find that your memory will improve dramatically. Second, you are enabling a type of 'mind balance' that at times creates a calming effect... really interesting stuff... Mr. O'Brien uses several methods to help you create a powerful memory. The key technique, The Journey Method, was used by the Greeks thousands of years ago and has been passed down through the ages. This book is extremely well written. Mr. O'Brien is not only a Memory Master, he is a Master Teacher. If you are determined to be disciplined in using the techniques in this book, I guarantee your memory will improve dramatically. You might also unleash parts of your brain that you thought did not exist. Invest the money. Buy this book. Never throw it away. You might find yourself going back to it from time to time. One of those times it just might change your life. It has changed mine.

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