Take Care of Your Health and Learn New Skills

Make What You Want to Remember as Visual (and as Absurd) as Possible

Remember People's Names by Forcing Yourself to Interact with Them Differently





Leverage the Power of Music Memory Boosting Techniques

Learn the Chunking Technique

> Visualize What You Want to Grab from a Room Before You Go to Get It



Create Mnemonic Pegs to Remember Long Lists



motivation, observation, and mechanic

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