

# Contents

Introduction	vii
1. How Your Memory Works	1
2. How Your Long-Term Memory Works	15
3. How Good Is Your Memory?	31
4. Creating a Memory Journal	49
5. Pay Attention!!!	57
6. Improving Your Health and Your Memory	69
7. Decrease Stress and Anxiety to Remember More	85
8. Increase Your Energy to Boost Your Memory Power	96
9. It's All About Me!	105
10. Remembering More by Remembering Less	110
11. Using Schemas and Scripts to Help You Remember	124
12. Chunk It and Categorize It	134
13. Rehearse . . . Rehearse . . . Rehearse . . . and Review	145
14. Repeat It!	153
15. Talk About It	158
16. Tell Yourself a Story	164
17. Remembering a Story	170
18. Back to Basics	175
19. Take a Letter	181
20. Linked In and Linked Up	187
21. Find a Substitute	194

VI ♦ CONTENTS

22. It's All About Location	198
23. Be a Recorder	208
24. Record and Replay	213
25. Body Language	223
26. Let Your Intuition Do the Walking	227
27. Remembering Names and Faces	236
28. Remembering Important Numbers	245
29. Walk the Talk: Speeches, Presentations, and Meetings	255
Notes	261
Resources and References	265
Index	267
About the Author	277