

QUANTUM

MEMORY



**NEVER FORGET A
SINGLE THING**

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Chapter 1 Introduction

Have you ever forgot where you placed your keys? Or can't remember someone's name? These are common problems that almost everyone now-a-days experience. Most people just push it aside as another side effect of becoming older, and there is nothing you can do about it. Not true! You can restore your memory back to its perfect condition. How? Through Quantum Memory! Quantum memory is a quick and easy 3 step program that will have you shocking your significant other, with all the details you remember. With Quantum Memory it is possible to train yourself to have a good memory.

It involves changing some of your habits, doing some brain exercises and following some techniques. But you will see improvement. That's a guarantee!

Quantum Memory is broken down into 3 main areas which are proven to help restore your memory:

- Nutrition and Physical Exercise
- Brain Exercise
- Memory Games

Before you start with the brain exercises and memory games you need to get your body back to its top shape. Eating a nutrient rich diet and having a regular exercise routine will help reset your body and mind. Making your mind more adaptable to the brain exercises and memory games.

After you have cleansed your body and mind through a healthy diet and exercise routine, your mind will love the Quantum brain exercises and memory games. They will reprogram your brain to remember even the finest of details in your day-to-day activities. You will shock people with your remembering skills, and will be able to tell your family and friends amazing stories from memory.

So what are you waiting for? Let's get you started with Quantum Memory.

Chapter 2 Short & Long-Term Memory

Introduction

Memory is the brains way of storing information. There is different types of memory. The type of information and the length of time we need to store the information for, determines the type of memory our brain will use.

There are two main types of memory – *Short-Term* and *Long-Term* memory.

Short-Term Memory

Short-term memory is responsible for storing information temporarily and determining if the information will be moved to long-term memory or thrown away. It may seem like a complicated process, but really it only takes your brain less than a minute to determine the information and store it accordingly.

An example of short-term memory is happening right now. While you are reading this paragraph your short-term memory is storing information from the first sentence, so by the time you get to the end of the paragraph the information makes sense. Did it make sense?!

Our mind is definitely a powerful thing.

Age and Short-Term Memory

As we get older, the amount of information and the time it takes to process the information to long-term memory becomes shorter and shorter. Making it easier to forget recent events or information someone may have just given you, like a new bank password. Although this may be a normal part of aging, you can still slow down the process, by using the Quantum Memory brain exercises and memory games included in this book.

Long-Term Memory

Long-term memory is information you remember that happened more than a few minutes ago. Your long-term memory can last for years or just a few days. In order for the information to get to the long-term memory bank, it will go through the short-term memory first.

How well you remember events or information depends on how clearly your senses take in the experience or information. If your brain records what you see, hear, smell, taste and feel with perfect accuracy you will be able to recall this information easier later on. So when you can't fully remember something, it's probably due to the fact that something else was distracting most of your senses. Think of a car accident for example, most people find it hard to fully recall every detail during the event, this is because one or more of your senses – sight, hearing, smell, taste and feeling might have been effected by the accident.

There are different types of long-term memories – *explicit memory*, and *implicit memory*.

- **Explicit Memory:** this long-term memory type requires conscious thought, such as thinking about what you had for dinner last night, or naming popular car brands. Explicit memory is most often associative, meaning your brain links memories together using a word or an occasion. Thinking about “*vacation*” may bring up your last out of town adventure or the beach. Thinking about “*car*”, may bring up your last road trip, or even a word that starts with “car” like carnivore.
- **Implicit Memory:** this type of long-term memory is different from explicit memory, as it doesn't need you to think about an occasion or item, it recalls the memory automatically because of habit or repetition. This type of memory is done naturally in our actions. For example tying your shoes, riding a bike, spelling words, etc.

Chapter 3 Nutrition

Before you start to improve your memory with the Quantum brain exercises and memory games, you need to get your body (and mind) in its best shape. That way your mind will be clear of all clutter and will be able to absorb all the memory information. In this chapter we will go over the type of diet you should be on to give you the best minerals and vitamins for a healthy and strong body and brain.

Up Your Water Intake

Water is a very important element in keeping your mind clear. Your body is made up of 70% water (this includes your brain too), so it's important to keep yourself hydrated. Try to get 8 full glasses of water a day. Also, limit your alcohol intake or avoid it all together, as drinking alcohol will dehydrate you and cause you to forget things.



Avoid Herbal Supplements

Don't rely on herbal supplements to provide you with the nutrients that you need to sustain your memory. No herbal supplements on the market have been proven to help with memory loss. A healthy diet is the best way for you to get all of the vitamins and minerals that you need.

Maintain A Healthy Diet

You need a healthy brain not only to think, but to keep your memory intact. Below is a list of vitamins and minerals you should include in your daily diet:

Vitamins C and E (Antioxidants)

You need to eat foods that contain antioxidants, such as:

- Spinach
- Broccoli
- Blueberries



Vitamins C and E help your memory stay sharp. Both of these vitamins contain antioxidants that help to relieve some of the stress that is found on the cells of your brain. Free radicals are responsible for the stress that afflicts that area. Antioxidants work to get rid of the free radicals and can help to improve your memory.

Omega 3-Fatty Acids

You should also include fish in your diet, such as:

- Cod
- Salmon
- Sardines (very efficient in improving your memory)
- Tuna

The Omega-3 fatty acids in fish, work to keep your brain functioning properly. Fish also contains healthy fats. These healthy fats can decrease the onset of dementia – a memory loss condition that can be devastating.

Folic Acid

Foods that have folic acid (a B vitamin) are also good to eat. Folic acid has been known to help with the decrease in memory loss. You will find folic acid in foods such as:

- Fruits
- Leafy green vegetables
- Peas
- Dried beans
- Grain products
- Cereals
- Enriched breads



Protein

In addition to the above, you should have foods that contain protein, such as lean meats (chicken), eggs and peanut butter. Whatever the combination is, it should be enough that provides you with enough calories so that you can have enough energy to be physically active.

Avoid Saturated Fats

Try to avoid foods that have a lot of saturated fats in them. They will cause your cholesterol level to skyrocket. You can eat food that have unsaturated fats and polyunsaturated fats. These are better for your system.

Olive Oil

It's been said that olive oil can stop older adults from losing their memory if it's included in what they eat. Olive oil contains monounsaturated fat. This kind of fat is great for older adults as it blends in with blood and heart vessels. This makes it easier for your body to get more oxygen and nutrients to your brain. It's



important that blood flows continuously through the brain. Olive oil can protect the cells from being damaged and assist with the growth of them. Which eventually, helps the brain cells work harder at storing short and long-term memory.

Keep in mind that you should not consume an overload of calories or it can cause you to gain a lot of weight.

B Vitamins

With vitamins, there are some that can help your memory performance. One of those that you can take is B Vitamins such as; thiamin, riboflavin, niacin, folate, vitamin B6, vitamin B12, biotin and pantothenic acid. If you are not taking B vitamins, your memory can suffer. Taking B vitamins have proven to improve your memory and your ability to remember things. You can find B vitamins in the following foods:

Thiamin:

- Pork, ham, wheat germ, lentils, nuts, and dark green leafy vegetables.

Riboflavin:

- Milk, yogurt, cheese, chicken, fish, eggs, asparagus, and dark green leafy vegetables like spinach.

Niacin:

- Chicken, turkey, salmon, peanuts, and whole wheat.

Folate (or Folic Acid):

- As mentioned above, fruits, leafy green vegetables, peas, dried beans, grain products, cereals, and enriched breads.



Biotin and Pantothenic Acid:

- Liver, egg yolks, salmon, pork, avocado, yogurt, lentils, sweet potatoes, mushrooms, and broccoli.

Vitamin B6:

- Chicken, turkey, seafood, bananas, leafy green vegetables, and potatoes.

Vitamin B12:

- Eggs, milk, cheese, chicken, turkey, fish, and soy.

For older adults, they can eat cereals that contain B12. This will help them keep their memory intact. If you are a vegetarian, you can use the B vitamin supplement which will help keep up your levels. This is usually designed for vegetarians that don't eat fish, eggs or dairy products.

Magnesium

Magnesium is a mineral that is considered to get rid of stress in the brain. It can help with improving your memory and enhancing your learning skills.

Below are some foods that contain magnesium:

- Whole grains
- Leafy green vegetables
- Milk
- Seafood



Chapter 4 Physical Exercise

The first thing to start having a good memory is to get a good sleep and to exercise your body. These are the basic foundations necessary for having an effective memory. We'll get into details regarding sleep in the next chapter, right now, let's focus on physical exercise.

Physical exercise is an important part in helping you to get your memory back where it should be. We all know that people who are overweight or obese, are more prone to health conditions. But did you know that being overweight or obese can cause your memory to fade? It's true. If overweight people don't exercise on a regular basis, they can get clogged arteries. The blood will not flow freely in their body, causing their brain to not get enough oxygen to breathe freely.

Exercise Everyday

When you're not exercising, your brain is not receiving much blood. Blood needs to flow to the brain so you can think straight. You have to move around and not be stagnant. Incorporate other activities that involved moving around. The more active you are the better chance you have to improve your memory.

You can take a walk and free yourself from any frustration that you may be experiencing. Walking helps to manage your stress. It helps to relieve your mind of the pressures that you're dealing with. If you walk at least 30 minutes a day, you will be able to be more focused and increase the sharpness of your memory. Some good examples of easy exercises you can do without taking up much time are: walking, running, biking, playing a sport (tennis, hockey, soccer etc.) and swimming.



Avoid Stress

Stress is a deterrent to improving your memory. It hinders your focus, and causes you not to be able to think straight and remember things. In this regard, you can also improve your memory by mediation or using breathing techniques. You can't keep your brain on overdrive by being in fear and worrying. The less stressed you are, the more you'll be able to think clearly and remember.

Brain Exercises

Your brain needs exercise. Just like your body, the more you exercise your brain, the fitter it becomes. Memory loss that occurs in old age are normally from lack of exercise for the brain. If you stop using your brain, then it'll lose its effectiveness which will eventually give you a poor memory. We'll go into the Quantum brain exercises we recommend later in this book.

Memory Games and Concentration

Playing memory games and different kinds of puzzles, not only can improve your memory, but will help you concentrate better. Concentration is needed in order to have that sharp mental edge to remember things. Later in this book we recommend some Quantum memory games that will help bring back your quick memory.

With good physical exercise, your body will be stronger and you'll have more energy throughout the day to do work. When we exercise, we actually provide more oxygen to the brain cells and more blood flows to the brain. This helps in removing waste from your brain and makes your brain cells healthy. You don't need to drastically change your lifestyle for a good memory. Just exercise for 30 minutes every day. This will benefit your memory and make you live longer.

Chapter 5 Sleeping Techniques

There are many people who don't get enough sleep and as a result, their memory suffers. A lack of sleep can cause people not to be as alert as they need to be when they are up. It also affects their concentration and focus when it comes to completing tasks that need to be done.

How to Sleep Right

The average amount of sleep that a person needs is between six to eight hours. It is imperative that people get enough sleep in order to be able to function properly. But what if you have a hard time getting a good night's sleep?

Here are some tips that you can use to help you get some decent shut eye:

Relax

It's not a good idea to put your focus on falling asleep. The more focus and concentration you use for that, the more difficult it will be for you to get some shut-eye. It's important to relax, and think about a calming image – like lying in a meadow listening to the breeze. Or do a repetitive task in your mind that will make you fall asleep. That's why "counting sheep" was used back in the day.

Turn Off The Lights

Keep the lights off while you are in the bed. With the lights on, it can make it difficult for you to go to sleep. Since the light from the sun is a mental sign to the brain to wake up, it's important to have a dark place to sleep at night (and throughout the night) so your brain doesn't get confused.

Have A Bedtime Routine

Create a bedtime routine, where you do the same things every evening – put on your pajamas, wash your face, brush your teeth and climb into bed. Having a routine where you are getting ready for bed can help you eventually fall asleep.

Keep this routine every night, and around the same time, even on weekends. On the weekends, try not to sleep more than you need to. Oversleeping can mess up your routine and make it hard on your body to fall asleep in the evenings.

Don't Watch TV In Bed

When you are in the bed, you should be sleeping, you should not watch TV, talk on the phone, read or eat. The bedroom should be a sanctuary where you sleep and get intimate.

If it takes you more than a half hour to get to sleep, you should move to another room. You can read for a few minutes or watch a program that you have no interest in. Then you can go back to your bedroom and try falling asleep again. You may have to do this more than once in order for you to get some shut eye.

Keep A Sleep Journal

When we're full of energy, it's much easier to read, play soccer and learn more. When we're tired, we just want to lie on the couch and watch television. Take notes when you're extremely tired and also when you feel very energetic. Notice the difference in the way you act and feel. Keeping a sleeping journal will help to pinpoint things (such as what you eat before bed) that helped or hindered you to get a good night's sleep.

Once you start getting enough sleep every night, your brain will start working to help improve your memory. You will be well rested enough to think clearly. Your brain will be very active and you will be able to remember things that you could not do previously.

It's important to get 7 -8 hours of uninterrupted sleep every night. When you get sufficient sleep, your mind is more alert. When you're sleepy, you tend to ignore things and don't care about them. You'll pay less attention to detail and therefore (No wonder!) you won't remember things.

Chapter 6 Brain Exercises

Just like physical exercise, it's important to exercise your brain. Brain exercises increase blood and oxygen flow to your brain and helps teach your mind how to remember again. Doing these exercises will improve your memory overtime, so continue to do brain exercises as often as possible.

Brain Exercise 1

The first exercise you can do to train your brain and memory is to activate the brain's learning process. Use your brain as often as possible. When you learn something, your brain is being trained and new cells are made. The more you work your brain, the healthier it becomes.

To activate the learning process, do things which you don't normally do.

Here are a list of tasks which you can do regularly.

1. Cross your arms but differently. If your right arm is normally on top when you cross your arms, change it so that your left arm is on top.
2. Use your other hand when you're using your computer's mouse. This will involve switching the right and left button clicks.
3. When you take out your wallet from your purse, use your other hand to take out the money or credit card.
4. When you kick a ball, use your other leg. We all have a dominant leg when we dribble with the ball – stop and use your other leg.
5. When you have time, start writing with your other hand. Write a few sentences for about 10 minutes.

6. In a safe environment, close your eyes and move around the house for 20 minutes. Do chores such as cleaning the window, getting dressed, washing your hands etc.
7. BONUS: When you start to be good at the above exercises, put in some headphones and listen to music while you do the above exercises. The music will distract you from your tasks, therefore making your brain concentrate more on learning.

Do you know why you need to do these exercises? They're making you break your habits. The things you normally do are becoming a habit. They don't require much thinking from your brain. By switching things around, your brain will find these new processes uncomfortable, therefore your brain is learning and you're giving it exercise. You'll immediately find that you need to pay more attention to what you're doing.

Continue to practice doing these exercises throughout the day. Also plan ahead on which exercises to do for the whole week.

Brain Exercise 2

Another kind of exercise you need to focus on is making your brain think. Apart from learning new tasks, your brain also needs to think, focus and find solutions to problems.

Here are some exercises, which I highly recommend you to do regularly.

1. Play Chess

This is a fascinating game. Each game of chess is different and requires concentration. It also improves your patience.

Find time to play chess at least twice a week. Play it with your family or even online with your computer.

Chess involves the player thinking ahead several moves and enables them to focus hard on the task. This is especially good for children to develop their brain.



2. Play Scrabble

Like chess, Scrabble is very good for the brain as the players need to concentrate very hard on words which they know.

It makes you recall words you saw previously in magazines or books. You will eventually learn new words every now and then when playing Scrabble. It gives the brain a good workout.

3. Read and Learn

Reading is very important for developing the brain. So much knowledge can be found in books. It's even better if the book teaches you a new skill. When you read, your mind is focused on the information that is being passed to you. Your brain continues to work throughout the duration of the book.



Many people take reading as a form of relaxing, but deep down your brain is put to work.

4. Be Active in Day to Day Activities

Remember to be active in all day to day activities. For example, when you're travelling, be active in planning out the route by looking at the map. When you're visiting an entertainment park, be the one who finds out which restaurants to eat, any discounts on a particular day, which rides have the most wait times etc. When you're doing these types of tasks, your brain is using its past knowledge and experience to complete it.

Continue to use these brain exercises daily. The more you exercise your brain the more you're improving your memory. With these exercises, your brain will be in a creative mode and you're well on your way to getting a good memory.

Chapter 7 Memory Games

Just like brain exercises the Quantum Memory Games will help train the brain to remember more and store more in long-term memory. Remember to take time throughout the day to play a memory game or two. The more you train your brain the quicker your brain will learn to hold on to memories.

Game 1: Practice Makes Perfect

You can play a memory game by being in a group and getting the names of everyone in it. Take a few minutes to soak in the information, and then try to list everyone's name that was in the group. You may not get it on the initial run, but if you keep doing it, eventually, you will be able to master it, while improving your memory.

You can also do this with other scenarios, such as newspapers and other periodicals. Read a segment and then talk about what you read. If you successfully made points on what was in the article, then it shows that you paid attention to what you were reading. On the other hand, if you were not, you may have to pay more attention. Soak up the important details. Remembering the small stuff is the key to you keeping it in your memory bank.

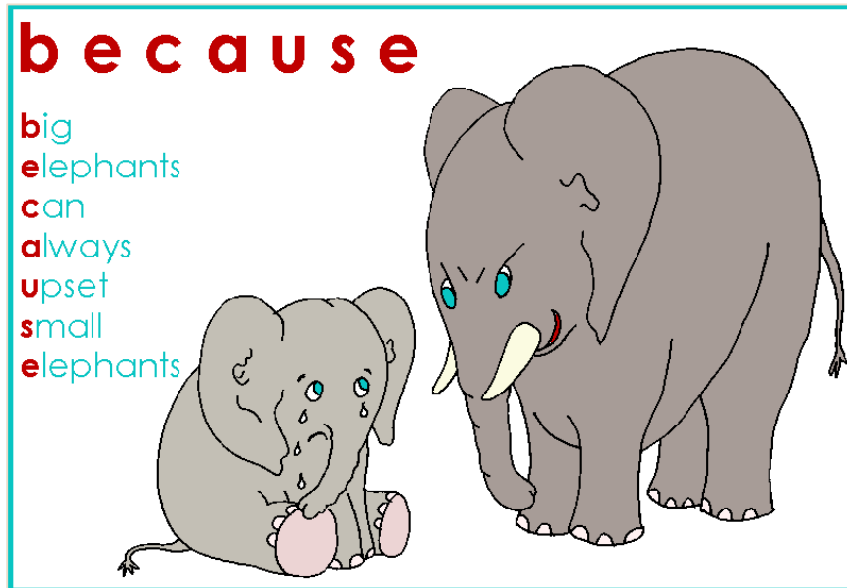
Game 2: Mnemonic Tricks

Another way to improve your memory is to use mnemonic tricks. Mnemonics are gimmicks that help you to learn and retain information in your memory bank. Even though some of the tricks may not be easy to learn, they have been proven to work.

No matter whether you need to remember names, lists or studying for classes, this method can help you to regain and retain your memory. Mnemonics can help to improve your memory and help you to concentrate better.

One of the mnemonic tricks you can use to improve your memory is to create an acronym to use for a phrase. Acronyms are created by using the first letter of each line that you are trying to remember. You can also write poems or lyrics to help you remember things.

An example of using mnemonics with acronyms is shown below:



With this method, it's good to do it in small portions. It's easier for people to remember things such as numbers and letters when they are in small chunks rather than large sections. Make sure to keep the acronym under 7 digits or letters.

One of the most common ways to employ this method is to use rhymes. A famous one that has been used in elementary school for many years is “I before E, except after C”. It is one of the most popular if not the most popular ones that students can relate to.

Another way to improve your memory with mnemonics is to incorporate words in a list by using photos and images. They may not make much sense, but when the story is told, children will be able to understand and memorize what they are learning. This is similar to visualization and association, which we will get into later in the book.

Just remember to use simple things such as dog, jump, apple and other related items. Your mind can relate to them better and quickly grasp what it needs to learn.

Game 3: Time Yourself

This memory game will train your short-term memory in your brain. With practice you'll become very good at it.

Read through a magazine and as soon as you see a detailed picture, time yourself immediately for a minute while studying it.

Once the minute is up, write down as many things as you can remember from the picture. Your target is to remember 10 or more things.

Apart from pictures, you can also try to read a sentence (about 15 words) within a minute and then try to write out the whole sentence backwards.

Your brain will benefit from these strenuous games.

Game 4: Association

This memory game is good, if you have a hard time remembering numbers such as bank pins, or telephone numbers. It uses association, which we discuss in more detail later in this book.

It's been recommended that we should not use our date of birth as the pin number for our ATM card. But what if you have a hard time remembering your pin? What you can do is assign something lively that looks like numbers so that you can remember it more easily.

If the pin is 745893, then represent each number with an item.

7 = Boomerang

4 = Yacht

5 = Fat man

8 = A guy with specs

9 = Golf club

3 = Someone's behind

Now picture the scenario where you throw a boomerang and it hits a yacht carrying a fat man who is wearing specs with a golf club. He shows you his behind as he falls over.

Once you picture this scenario, you'll definitely be able to recall this pin number. Try it with yours!

Chapter 8

Visualization & Association

Introduction

Fact: Most people remember images better than they remember words.

For example, these people can probably explain in detail what all the houses they grew up in look like, inside and out. But may find it hard to remember their telephone numbers and addresses.

There are some people who can grasp things by memory by taking words and making them into pictures and images. Visualization and association can bring light to something that may not be remembered only by the written word. So how do we start to associated images with words and memories? Easy, by training our brain using visualization and association.

Visualization and Association

Visualization and Association (or V & A) can be used to remember just about any word or fact. Such as, definitions, science terms, math formulas, history, procedures, computer terms, bible verses, languages etc.

So how does V & A work? All you need to do is breakdown the word into an easy to remember visual image. Below are the steps you need to take to associate an image with a word:

If it helps, you can sketch the image on a piece of paper and write the word underneath. This is called **memory cartooning**.

Step 1:

Breakdown the word you need to remember into syllables that describe how the word sounds. The words don't have to exactly sound like the word. We are looking to make an image in your brain that triggers the remembrance of the word.

Let's use definitions as an example. Say the test question is: *List the three types of dinosaurs and their meanings.* Well the 3 types are: Carnivore – meat eaters, Herbivore – plant eaters, and Omnivore – both meat and plant eaters.

Let's use Step 1 and breakdown the words into smaller words that sound like the word's syllables.

Carnivore – “**Car Knee Four**”

Herbivore – “**Her Bee Four**”

Omnivore – “**Um Neither**”

Remember the smaller words don't need to be exactly like the word you are trying to remember. Eventually you will remember the word based off the smaller words and images.

Step 2:

Now take the smaller words and put images to them. Describe them in detail and really visualize them in your mind. If it helps you can draw the images on a piece of paper and place the word (and smaller words) underneath.

Carnivore – “Car Knee Four” – **A car with four knees on it.**

Herbivore – “Her Bee Four” – **Four girl bees.**

Omnivore – “Um Neither” – **A person with their hands up shrugging their shoulders (being indecisive).**

Step 3:

Next associate the image with the meaning or definition of the word.

Carnivore – “Car Knee Four” – A car with four knees on it. – **Both cars and knees have a body, and carnivores eat meat, which is from another animal’s body.**

Herbivore – “Her Bee Four” – Four girl bees. – **Bees don’t eat meat they fly from plants and flowers gathering food. Herbivores eat plants not meat.**

Omnivore – “Um Neither” – A person with their hands up shrugging their shoulders (being indecisive). – **Someone who is indecisive of what they should eat. An omnivore doesn’t care about what they eat, will eat meat or plants.**

Step 4:

Now repeat in your head the image, word and meaning. Over and over and over again.

Continue doing this until you automatically see a car with four knees, and know that means carnivore – a meat eater.

Eventually you will see images in every word you come across.

Overall using this Visualization and Association technique will help boost your memory in three ways:

- Creating images forces your mind to focus. Focusing is needed to remember.
- Images are easier to remember than words or facts.
- Repetition forces you to remember the word or memory each time you use the image.

Chapter 9

Breaking Bad Memory Habits

Introduction

Memory habits are simple things your brain does naturally without you really having to think about it. Some of these memory habits can be useful, such as tying your shoes, or looking both ways while crossing the street.

However, sometimes you forget things because the process of doing those same things has been repeated so much that you forget how many times it's happened. You then repeat what you've done because you can't remember if you have done them or not.

To stop the repetitive actions, be aware of what you're doing. You must focus and pay attention. Whatever you're thinking about that is clouding your mind; eliminate it.

Distractions can wreak havoc on you when you are working on breaking a habit. For some, it can take a lot in order to pay attention to what they are doing. Paying attention can help you to remember your actions and eliminate anything that you don't need to keep doing. Some of it is little stuff, such as turning out the lights before you leave or unplugging the iron after you're done.

Below is a list of tips that can help you break your bad memory habits.

Breaking Bad Memory Habits

Here is a list of tips that you can use to help you not be so habitually repetitive:

Think Before You Leave

If you are leaving your home, stop for a moment. Think about what you need to do before you leave. Think about the areas that you need to secure, such as the front and back doors. Pay

attention when you are tending to those areas. They are critical when it comes to securing your home.

Stay Organized

Organization is very important when it comes to getting rid of unnecessary habits. Create a plan and make it stick. Being organized and having a to-do pile easily accessible can help you not have to remember certain things because they are right there in front of you.

Make Lists

Make a list of things you need to do every day. Once you have completed each task, cross it off. Not doing that can make you redo what you've already done. Crossing off items as you complete them also saves you time. Keep your list in the same spot so that you will be able to find it easily.



Go over all of the tasks that you are supposed to be doing. Place the most important things first. Make sure that you have everything that you need to complete the tasks at hand.

Put Items In Their Place

In order to keep your memory fresh, place things back where they were before. Putting them in places other than where they were can cause confusion for you.

Make sure that there's a place for everything that you use on a regular or daily basis. For example, if you use ink pens, place them in drawers that you use for that purpose. Or get a holder where you can place a lot of them. That way, you will never run around trying to find a writing instrument.

Any important information, such as names, phone numbers, addresses, directions, etc., should be kept in one central location. They should be sorted where you can easily find them in a matter of seconds.

Leave It In Sight

If you have children, place their book bags by the front door. That way, they will not forget them. If you make them lunch, put it in their book bag right after you've fixed it. If you make lunch for yourself, you can put it on the stove or near the front door so that you can remember to take it.

Doing little things like that can make a lot of difference between having your own lunch and spending money every day for food.

Mark It On The Calendar

Use a calendar to jot down the important information and things that you need to do. You will not be able to remember everything. Keep the calendar with you so that you can refer back to it.

Don't Procrastinate

Pending items need to be completed or resolved as soon as possible. Don't procrastinate. Do it while it's on your mind.

Repeat

You may have to repeat information to yourself in order for it to stick in your brain. It's just like reciting lines for a play. The only way you will remember is to keep repeating the lines over and over again.

Concentrate

One thing that you must not forget to do is to focus and concentrate. Whatever you are doing, keep a laser-sharp eye on the task at hand. If you are one of those people that habitually forgets things, or have a short attention span, you may be out of focus and have difficulty concentrating. You allow things and events to take over your life. You have too much on your plate and allow distractions and stressful situations to plague you day in and day out. All of this can cause you not to remember the things that you need to. Being preoccupied defeats the purpose of being able to improve your memory performance. Next time, really concentrate on what you are doing. Focus and concentration are crucial to your success in improving your memory.

Chapter 10

Bonus: Tricks To Improve Your Memory

Tricks to Help Improve Your Memory

Here are some more creative and logical ways you can stimulate your brain to improve your memory:

Trick 1: Try Something New

Trying different things when it comes to improving your memory is important. Connect with relatives or friends you haven't seen in a while, join a club, read a new book, or pick up a new activity or sport. New things, help to stimulate your mind and help you to relax. Being active keeps your mind sharp and focused. Otherwise, your brain can just rot away if you're not using it enough.

Trick 2: Keep Focused

Stay focused. You must keep your attention on the task at hand. If you are talking with someone, listen to what they are saying. Remember, you can ask them to repeat it if you did not hear them or did not understand.

Some people have trouble focusing when there is noise. Try to find somewhere quiet where you can talk. Minimize interruptions if possible. However, there may be times when there will be disruptions, but handle them accordingly. The less noise and distractions you have to deal with, the better off you'll be. You will be able to focus more on the conversation at hand.

Trick 3: Use Helpful Tools to Remember

Remember back in the day when people would tie a string around their finger? Well, that was a way that was used for them to remember things that they needed to do. It served as a reminder that there were things that had not been done yet. It served as a visualization tool. Whenever they saw the string, it let them know that they needed to finish the job.

With all of the electronic gadgets now-a-days, it's highly unlikely that anyone is using a piece of string anymore. Within your environment, there are things that you can do that can help to improve your memory. You can make them part of your daily routine.



For instance, if you have clothes that you need to take or pick up from the cleaners, place a hanger on the knob of your bedroom door or your front door. Or you can place them at both areas. This way, you will remember to get your clothes, whether it's taking them or picking them up from the cleaners.

Trick 4: Use Colors

Use different colors to help you remember. Different colors can have an impact on your brain. For instance, if you have items that are red, they can help you concentrate better.

Concentration can work in your favor to help you improve your memory. If you want to be creative, you can utilize the color blue. Another color that is associated with concentration is green. Try placing a piece of colored tape near the item you need to remember or concentrate on. Or write a reminder on a colored sticky note.

Trick 5: How to Study So You Remember

Using a timer while you are reading or studying can help you to improve your memory. Knowing that you only have so much time to do this can help you keep focused on the subject at hand. You won't have time to goof off when you know you only have so much time to get the job done.

If you are studying at home, you should do what you can to remove distractions from your environment. When you're studying, keep the television off along with the radio. The ringer on your phone should be on silent. If you need music to listen to while you're studying, play some soft music that can get you in the mood to study. Listen to music that can stimulate your brain. Certain kinds of music can put you in a relaxed mood.

If you will be studying for a few hours, take a break in between. If you don't, you can have a breakdown in your concentration and focus level. Taking breaks can help you to free your mind from the studying that you've been doing. It gives you a chance to refresh your brain. On your break, you can take a brief walk or eat a healthy snack.

Trick 6: Remembering Places

If you are shopping in a large area, it's quite possible that you can forget where you parked. It can be frustrating and confusing. To remedy that, look at your surroundings. Look for a landmark that will help you remember where your car is parked.

In some parking lots, there are numbers to designate the space that you parked in. Take down that number and put it somewhere where you can find it. However, that may still not be enough. Look to see if there is a significant item that you can relate to where you are parked.

Another way that you can remember places is to make a note in your mind of certain items or areas that you can relate to. If there are certain smells, such as a certain restaurant, keep those in your mind when you need to find your vehicle.

Trick 7: Remembering Names

Not remembering someone's name can be rather embarrassing. If you are introducing someone to another person, and you can't remember the third person's name, that's not a good sign. It happens more than people think. It's easier to recall someone's face, but with names it's a different story.

With a face, you are dealing with identifying a person. Your brain can process this easier than it can remember their name. With recognizing a face, you don't have a lot of choices to deal with. This makes it easier for you. However, when it comes to remembering names, it is a different

process. Your brain has to dig deep and think about it. It takes more energy and is not an easy task.

There are some ways that this can be made easier for you. You can connect something significant and associate it with the name of that person. You can connect the name with another piece of information. For instance, if the person's last name is Green, you can associate that with money. Money is green, so whenever you see this person, you can make the connection. That's a nice connection to make. Look at their face. Find unique features that would make them stand out.

Another technique that you can use is to pay attention when the person's name is said. Make repetitions and say it loud enough for you to hear. Continue to repeat the person's name and connect the face with it. The more you do this, the better chance you have of remembering their name if you should see that person again. Knowing a person's name is part of the social aspect of life.

In fact, the person may take it personally that you didn't remember their name. It is important that in a setting where you are making introductions, that you remember the names of all parties involved.

Trick 8: Having a Positive Attitude

When you start to study for something such as an exam, always have a positive mental attitude. Tell yourself that the subject is interesting and that you're good at remembering this topic. This helps you a lot with memorizing facts.

The fact that you're confirming to yourself that you like the subject and find it interesting, your subconscious mind will believe in it. Especially after you repeat the statements with emotion.

Never, ever fear or be stressed with your studies. This will affect your ability to memorize the facts. If a child at school hates Geography either because of the teacher or because they find the subject boring, what are the chances that he will do well at this subject? When you're happy or take an interest in doing things, you will do it with the best of your ability.

Remember to have a positive attitude whenever you're learning something and tell yourself that you love the subject.

Trick 9: Don't Multi task

When you're trying to remember something, never multi-task. For example, never read and listen to music or watch TV at the same time. Having a good memory requires learning something with focus and paying full attention to it. If you're studying for an exam or reading an important book which you want to learn, then go to a quiet area with no distractions. Switch off your cell phone, your email, your MSN Messenger and hang up a "No-Disturb" sign on the door.

When you're focused and concentrate on reading the information, your brain has no choice but to remember it. When you're distracted from what you're doing, you need a total of twenty minutes to get back into what you were doing. This is how long you need to get back into the flow of things. A one minute phone call will practically waste 21 minutes of your time. Amazing when you look at things this way.

Trick 10: Remember How You Remember

Some people learn best by actually seeing things and some learn best by hearing things. You need to know which way you learn things the easiest. When you recall information from a class, do you recall it by hearing what the teacher said, or do you visualize what was written in the text book or from your notes?

It's important that you find out which way is more effective for you to learn and remember materials. If you're a visual learner then write down notes and draw diagrams on whatever you want to remember. If you're more effective at memorizing by hearing, then record yourself on a tape recorder and listen to it over and over again.

Trick 11: Take Frequent Breaks

We remember things well that are at the beginning and at the end. We remember things at the end because it is the most recent. Therefore it's important that when you're studying, you should take breaks every 45 minutes.



When you take a break, your brain is relaxed and re-charged so that it is ready to take in more information. If you study for hours non-stop then it is very difficult to remember the things you have studied in the middle.

Always remember that it is much easier to memorize things at the start and at the end. You'll remember most clearly, the first 15 minutes of what you're studying and also the last 15 minutes. The 15 minutes in the middle, is also fine. But if the duration increases, then you'll remember less and less of what you're studying.

Even if you're not tired, take a break every 45 minutes. You need it to recharge your brain and memorize things more effectively.

Chapter 11 Conclusion

With Quantum Memory you will be able to remember the names of everyone you meet, and you will never forget where you've placed your keys.

All you need to do is change some of your habits, practice the brain exercises and following some techniques. You will see improvements. That's a guarantee!

Remember the 3 areas of Quantum Memory:

- 1. Proper nutrition and daily physical exercise**
- 2. Practice your brain exercise**
- 3. Improve with memory games**

Continue to practice your brain exercises daily and have fun with the memory games. The more you work your brain the more your memory will improve.

And remember now-a-days life is full of distractions everywhere you go, from advertisements to busy streets. Stay focused on your task at hand and really concentrate on what you are doing. Focus and concentration are the key to improving your memory.

Keep up the good work, and don't forget to share Quantum Memory with your friends and family!