

Click to prove
you're human



How to develop brilliant memory week by week

Written by the eight-time World Memory Champion, this book provides a comprehensive guide to enhancing one's memory. The author takes readers on a step-by-step journey through an ingenious program of skills, sharing tried-and-tested techniques that have contributed to his championship success. With expert guidance, the book aims to improve mental capacities quickly and effectively, offering a realistic timeline for achieving results. By following this course, individuals can expand their mental abilities, recall names and faces with ease, and even improve their public speaking skills without notes. This expert guide is designed to help readers unlock their full potential, leading to greater personal success and career advancement. With Dominic O'Brien, you'll learn how to boost your memory and mental abilities each week. As an eight-time World Memory Champion, he shares his techniques for improving concentration and recalling vast amounts of information. You'll discover various methods, including visualization, association, and location-based strategies. Explore the world of mnemonics and learn how to commit entire dictionaries or phonebooks to memory with ease. The power of memory can be honed like any other skill, and it's best to learn through visual associations and connections. Our brains are capable of storing vast amounts of information. March 13, 2015If you don't put in the effort, you'll only retain half of what this book has to offer (so make sure to do the exercises); the same memory techniques are explained just as well in other books. I've done both reading and practicing the exercises, and my memory is now on a completely different level. The bottleneck between short-term and long-term memory seems to disappear. It's hard to explain why, but using location, association, and imagination when memorizing does the trick. Anyone should be aware that there are actually effective techniques for enhancing memory in all its aspects, and this book is a great place to start - it's also quite concise. March 29, 2015This book is full of fun and practical strategies for remembering everything from grocery lists to long sequences of numbers or the names of everyone in a room. Some of it might seem like just having fun without much real-world application - like knowing what day of the week a date was 100 years ago (which could be a cool party trick, though!). I plan on teaching my kids some of these techniques, such as the Journey Method and Mind Maps, to help them with their schoolwork as they get older. I also appreciate the idea of exercising my memory as I age! I highly recommend this book and think I'll buy a copy for myself. December 14, 2020Бүтээр нь уншаад хийхэд тооцоолсон гэсэн юм боловч эрдмийн гэмшүүн тэг дээр нь “мастер” оноо аваад өнгөрсөнд дахин дахин уншаад хийвэл үнэхээр шугуй. Бусдын нэрийг, тогтоож буй зүйлийг сонсож байгаа тухай олон эрдмийн гэмшүүний өрөөнөөс дахин дахин сонсож хэрэглэж чадаж байлаа. Сонсож, хэрэглэж хэвтүүлэхгүй боловч олон шоркатыг хайсан нь эндээ үлдэх гэсэн уншиж чадлаа. December 30, 2017Working on this one. Some of the tips you may have already thought of.Memory is very tightly linked to emotions. A memory associated with a traumatic event is burnt into our memory harder than the day to day stuff that consists of the majority of our lives.Not currently practiced as much in school the old teaching method of repetition of the same fact over and over, think addition exercises in school , does eventually burn these facts into your memory.Has technology destroyed our need for memory ? Has a good memory been reduced as a quality required to work ? The human mind is still the most powerful computer on Earth; are we now wasting that great resource ??February 23, 2020A common issue in memory books is that they don't provide enough exercises to actually practice the concepts explained. This book, however, perfectly combines both theory and practice, letting you work through increasingly difficult problems and witness your own progress. Another interesting point is that exercises are specifically designed to let you create your own simply by switching variables. You end up with infinite practice sets.August 8, 2014I liked the book, but it is just a repetition of the same techniques explained in other memory books. Mr. O'Brien's other books discuss similar topics, offering alternative perspectives if you've already read them. This book, released on March 10, 2019, presents updated methods for personal improvement, particularly in case-by-case contexts and through extensive drills. It suggests that small daily doses of the material can lead to significant progress. The author emphasizes the importance of approaching the book with an open mind, as it relies heavily on mnemotechniques and connections to individual memories. This approach may not work seamlessly for everyone due to unique cultural perspectives, but the author's suggestions are generally effective. The author shares their personal experience with memory techniques, assigning personalities to numbers and using visualization methods to remember information. They acknowledge that these approaches may not be universal and can require adaptation to suit individual learning styles. The book serves as a workbook, offering practical tips and tricks for improving memory and recall, often through creating vivid imagery linked to the desired information. While some sections seem concise, others could benefit from more in-depth explanations. Ultimately, consistent effort is necessary to master these techniques. As you can imagine, Dominic's book contains a moderate number of articles, most of which are repetitive. Despite this, I'm giving it three stars because I believe it will work for some people. The book covers the principles of retaining and retrieving information using various techniques such as linking, location, and imaginative visualization. It also introduces methods for remembering numbers, including the popular memory palace technique. The second half of the book focuses on specific daily memory tasks and more advanced applications like playing card sequences and long number sequences. The presentation is practical, and I've already started applying the techniques with good results. Some reviewers found the exercises helpful, while others appreciated the concise chapters and ability to quickly finish reading the book. One reviewer noted that the book was excellent for energizing their memory power and providing a tool for increasing memory capacity. Others compared it favorably to another book on the same topic, citing the practical exercises as a key advantage. However, some reviewers mentioned that certain chapters may not be directly applicable to everyday life. I read this book expecting it to be average, but it turned out to be better than expected. It's a concise guide that offers 50 different memory exercises with detailed instructions for improving your cognitive abilities. I found some of the techniques more engaging than others, such as memorizing country capitals instead of staring at random words. The author suggests practicing these exercises daily, and while I didn't stick to it, I still enjoyed trying out a few methods like remembering my first phone number. However, halfway through the book, I realized that attempting to remember complex information overwhelmed me, so I stopped trying new techniques. Despite this, I appreciated the author's teaching style and believe even novices can benefit from some of the information. As someone just starting their memory improvement journey, I found this structured guide by Dominic O'Brien to be exactly what I needed. It breaks down memory enhancement into 52 weekly chapters, introducing essential principles like mnemonics and visualization, along with clear instructions and real-life examples. The book emphasizes the importance of consistent practice for long-term improvement. Another reader mentioned that this book uses similar techniques as other memory enhancement books without differentiating itself, but they appreciated the author's approach to making it feel like a game by including tests and numerical scoring. They also noted that the book has a modern design with shading on some pages that can be distracting at times. Overall, I found the small exercises in this book to be really helpful in improving my memory skills, especially in creating memory palaces of objects without association and visualizing associations quickly. The logical framework explaining how to build and manage memory palaces was also a highlight for me. The book's later chapters didn't add much value, and not all sections were helpful either. However, it has a game-changing technique that can help anyone remember up to 20 words in under five minutes. I've taught friends this "journey method," and they're all fascinated by their improved memory recall abilities. It's been super beneficial for me in daily life and academically, making the Dominic system my go-to choice. September 22, 2021A rehash of old tricks; nothing new here. Binary numbers and phone numbers aren't relevant anymore, but it does remind me of other methods like the journey and peg systems. I prefer Harry Lorayne's approach over the Dominic Method. May 24, 2020This book is great, but maybe too advanced for some readers. I recommend starting with "You can have an amazing memory" before tackling this one. March 19, 2020A fantastic resource packed with techniques and tips to improve your memory. To get the most out of it, though, you need to practice the exercises provided. December 26, 2021I feel like doing the exercises would make me a genius! This book is great, but I wish it developed each technique more thoroughly. January 27, 2024A practical guide for practitioners only, with no unnecessary descriptions or beating around the bush. October 7, 2024It's a good book, but not perfect since it doesn't develop each technique as much as I'd like. The dictionary memorization chapter is also misleading, and it doesn't provide any real guidance on how to do it.

How to develop a brilliant memory week by week reddit. How to develop a brilliant memory week by week dominic o brien. How to develop a brilliant memory week by week paperback o brien dominic. Borrow how to develop a brilliant memory week by week. How to develop a brilliant memory week by week epub. How to develop a brilliant memory week by week review. How to develop brilliant memory week by week pdf.