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**FRONT COVER:**

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# Foreword

Many scientific experts will tell you that we just don't have the power to remember facts, images or events perfectly as though we had a photographic memory. Regrettably, although individuals might say that they do have a photographic memory; this plainly isn't true, as it doesn't exist.

However don't worry as through this book we'll show you the steps that you are able to take to help better your memory. As a matter of fact, with a little time and much practice, many individuals are able to gain the might to memorize what seems to be an inconceivable amount of data and information.

Even if you simply wish to remember where you really left your keys from the night before, then this book ought to help you.

## ***Monolithic Memory***

All About Memory Improvement For A Better Life

# Chapter 1:

## *The Basics On Memory*

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### Synopsis

You understand that in order to increase muscular strength you have to exercise, well the same goes for really increasing your power to recall things. Your mind needs exercise, also. So your diet needs to be good, and you have to look at taking up much fitter habits.

Regrettably, because our brains are so complex, they need a lot of work in order to get them in the best shape conceivable. There are a number of things that you are able to look at doing which will help you better the capacity of the retrieval mechanism in your mind. But first, let us have a look at how it is we recall things.



## **The Workings**

To put it in easy terms, our memory is the action carried out in our mind to remember information that we have gained through experiences in our lives. But, it is a complex procedure which involves assorted parts of the mind, and serves us all in very assorted ways. It may either be short term or long term.

With short term memory, you'll discover that your brain is able to store certain pieces of information for only a couple of seconds or minutes.

Regrettably, the issue with this memory is that it's really fragile, and if it were to retain all the data it receives, your mind would soon be telling you that it has no more blank space.

Plus, each individual's short term memory is only meant to hold around seven items at any one time, and this is why, while you might be able to recall a new phone number for a couple of minutes, you'll frequently find that when you're going to purchase something online with your charge card, you need it beside you, because it really has more than 7 items on it.

Long term memory is all to do with the data that you're making an effort to retain, both consciously and unconsciously. This is because the data might be particularly personal and meaningful to you, or it's because it's something that you require in order to finish a task or to take some tests.

All the same, there's some data that you retain in your long term memory which will need you to make a conscious effort in order to remember it, like a personal memory which relates to a particular experience or time in your life, known as episodic memory, or it might be some factual data that you need to remember, and this is known as semantic memory.

The other sort of long term memory that we all have is known as procedural memory, and this is where your memory will remember skills or routines that you utilize so that you don't have to consciously recall them.

There are particular parts of the mind which are particularly crucial in relation to not only the data, but also the retention of memories, and these are as shown below.

Hippocampus – This is found deep in the human mind, and plays the largest role in the mind processing data as memory.

Amygdala – This is an almond shaped piece of the mind which is found close to the hippocampus and processes an individual's emotions. This certain area helps to imprint memories into the mind which affect emotions.

Cerebral Cortex – This is the outer layer of the human mind, and is where much long term memory is stored in assorted different sectors. It will all depend upon where certain memories are stored, as to what procedure the data involves. So language will be stored in one sector,

sensory input into a different, issue solving into yet a different sector and so forth.

As well as the above, the memory likewise involves communication happening between the brains assorted network of neurons and cells (millions of which are set off by chemicals in the mind known as neurotransmitters).





# Chapter 2:

## *Improvement Techniques*

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### Synopsis

If you're one of many individuals who think that they have a poor memory, then this might be because you don't have such effective ways in which you are able to not only take on the data, but the way in which your brain processes it. All the same, unless you're suffering from some sort of disease, disorder or injury, then you ought to have the ability to better your memory.



## **Basic Improvement**

Below we'll view some assorted ways in which you are able to help to improve your memory.

### **1. Constantly Pay Attention**

If you don't pay enough attention to something that you wish to learn about, then your mind doesn't have the chance to encode the data and then store it away for future point of reference. It takes approximately 8 seconds of somebody intently centering on a certain piece of data in order for it to be processed through their hippocampus and then in to the suitable section of their memory center. So it's crucial that you center on one thing only at a time, and try not to multi-task. If you're like some individuals, and discover that you become distracted really easily, then search out a quiet corner where you know you will not be disrupted.

### **2. Make certain you acquire the data in a way which suits the way you learn.**

Most of us are optic learners, and so find that they learn best once they're either reading or viewing matters that they have to know about. While other people are auditory learners and find it better to learn matters when they're listening. These types of individuals might find it much easier to memorize data by recording it and then listening to it till it's remembered.

### 3. Get all your senses affected

Don't simply rely on your eyes, even if you're somebody who learns and remembers matters visually. Why not read aloud what you have to memorize, and attempt and recite it to yourself rhythmically? You will be amazed at how much better your memory gets. Likewise try and relate the data that you're trying to memorize to colors, textures, smells as well as tastes. A lot of individuals have discovered that by really physically rewriting the data that they have to imprint on to their brain helps them.

### 4. Associate the data to be gained to something you already know about.

When collecting any fresh data, associate it to data that you already have stored in your memory and which you're able to recall.

### 5. Organize the data

If you have to, write matters down in either an address book or diary, or on a calendar. If you're dealing with much more complex material or data, then take notes and then regroup these notes in to particular categories later on once you have time. If you have to, utilize both words and pictures to help you learn the data that you want to retain in your memory.

### 6. Learn to comprehend and translate complex material

When you're attempting to learn more complex material or subjects, then center on simply understanding the basic ideas of the matter

instead of memorizing only isolated parts of it. Consider being able to explain to somebody else in your own words about the subject or matter.

#### 7. Rehearse the data that you've received

It's crucial that you review everything you've learned every day on the same day, and then review it every now and then. Likewise, if you are able to, over learn about a certain subject or matter, as you'll frequently find that you are able to begin to recall the data as if it was second nature to you.

#### 8. Be positive and remain motivated

It's crucial that you keep telling yourself that you wish to learn the matters that you have to remember. Likewise remind yourself that you are able to learn about matters and then remember them. If you really tell yourself that your memory is bad, then this will really hamper not only you, but also your brain in being able to remember matters.

However by being positive, you're really helping yourself better your memory.

# Chapter 3:

## *Live Differently To Better Memory*

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### Synopsis

By treating your body well, you ought to be able to enhance your abilities at being able to process and remember data.

Here, we will have a look at a few different healthy habits you may integrate in to the life you lead at the present time in order to assist your memory.



## **Live Better**

### **1. Physical exertion**

Regular physical exertion helps to increase the flow of oxygen to the brain. This, in turn, brings down the risk for you suffering from troubles which may lead to memory loss, like cardiovascular diseases or diabetes.

Likewise, it helps to better the effects that the helpful brain chemicals have, as well as protecting those brain cells you already bear.

### **2. Manage your tension**

The stress endocrine known as Cortisol may actually cause harm to the hippocampus in the brain if an individual is unable to alleviate the stress that they're feeling. In most cases, a individual who is feeling stressed will discover it much harder to center on things, which in turn results in them in reality not being able to process and retain data easily.

### **3. Better your Sleeping Habits**

We all require sleep, and it's really important, as it aids the memory in consolidating the information we have received during the day. Regrettably, if you're somebody who suffers from insomnia or sleep apnea, or simply generally don't like to sleep more than a couple of

hours each night, then during the day, you'll be feeling tired and will find it really hard to concentrate.

#### 4. Don't smoke

Anybody who smokes is at a greater risk of suffering from a vascular disorder, which in turn may result in them having a stroke, or their arteries become compressed, and so the delivery of oxygen to the brain is decreased.

#### 5. Better your diet

Aren't we all being told these days that a great diet is one which contains fruit, veggies as well as whole grains and intelligent fats? Not only may a great diet supply our body with plenty of health benefits, it may likewise assist to better an individual's memory.

Research executed is indicating that particular nutrients will assist to not only nurture, but likewise arouse the functions of the brain.

##### a. Vitamin B6, B12 and Folic Acid

These assist to protect the brains neurons by breaking down homocysteine, which is an amino acid and which is toxic to the nerve cells. However they likewise assist to make red blood cells that our bodies need in order to carry oxygen around it, including to the brain.

The most beneficial places to get a good source of Vitamins B from are in spinach plant, as well as additional sorts of dark green leafed veggies, broccoli, asparagus, strawberries, melons as well as black beans and additional sorts of legumes. Likewise, you ought to increase your intake of fruit and soybeans.

#### b. Antioxidants

Specifically, we're looking at Vitamins C and E, along with Beta Carotene. They assist in fighting any free radicals in the body, which are molecules that are formed once oxygen is able to interact with particular molecules in the body. They're highly reactive, and may cause damage to the body's cells. However antioxidants are able to interact with these safely, and so are able to counteract them. These antioxidants may assist to better the flow of oxygen through and through our bodies and to the brain.

The most beneficial places to find these certain antioxidants in are blueberries, and all other types of berries, along with sweet potatoes, red tomatoes, spinach plant as well as broccoli and green tea, nuts and seeds. Also, citrus fruits and liver are a good source for getting antioxidants also.

#### c. Fatty Acids – Omega 3

These are condensed in the brain and are affiliated with a person's cognitive functions. These count as sound fats in a person's diet,



unlike those which are not, like saturated and trans fats. They help to protect an individual against inflammation, as well as having an upper-level of cholesterol in their body.

The most beneficial places to get Omega 3 fatty acids is by consuming cold water fish, like salmon, herring, tuna, mackerel or halibut.

Likewise, walnuts, walnut oil, flaxseed and its oil are a great source of Omega 3 fatty acids.

Plus, as we get older, we're more likely to suffer from a deficiency of both Vitamin B12 and Folic Acid, and so it's crucial that older individuals utilize a supplement to counteract such deficiencies. If you're somebody who is not particularly keen on fish, then likewise admit an Omega 3 supplement as part of your fresh diet regime.

But, no nutrient will work effectively without us eating the right sorts of foods also. Therefore, it's crucial that as part of your healthy diet regime, you see to it that you consume plenty of colorful plant foods and select those fats which may assist to keep your arteries clear. In the long run, not only your body, but your mind will be thanking you for the alterations that you've made.

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