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How To Make An Awesome Mind Palace: A Crash Course To A Better Memory



Synopsis

This is a short 8-page crash course on the basics of how to make a mind palace. **DISCLAIMER:** I am a former student of psychology from Northwestern University, and I have successfully used the mind palace to improve my memory greatly. All of the techniques that I discuss here are accurately based in mainstream psychology, but of course I cannot guarantee that they will definitely work for every person. This is a short summary of basic techniques, not an authoritative report or treatise. I am not a doctor or a professional psychologist. I am someone who is especially knowledgeable of mind palaces through academic studies and personal experience.

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Customer Reviews

If I ever get around to setting up a mind palace, this will be stored in the basement bathroom's toilet that is never cleaned but used frequently. No instructions are included for setting one up, though, just vague examples and self-congratulatory rehashing of details from the vague examples. The only good thing to be said about this is that it's very short. Save yourself the 99¢ and just do a websearch.

This was a well written and descriptive introduction creating your own mind our house. I was hoping for a bit more of a step-by-step process.

I absolutely enjoyed this short book, I have read several memory books, this is a great walking example of how to build an effective palace!

Very helpful! Trying this out with Bar prep memorization and it is working. Thanks Ben!

I'm a beginner at this. Suited me just fine. Good basic stuff. I will read this 2x or more. 4stars.

I really enjoyed reading this very concise book. It is full of helpful tips to construct imind or memory palace.

This is a short and sweet guide. It is helpful advice but not rambling on how to make your own mind palace.

I can recommend this book without qualification. I have been buying books on memorization skills for the last few months, and have been surprised at how few there are. The memory Palace technique is one that has apparently been around for a very long time. This book teaches some useful techniques for memorizing information that you may want to present. In my line of work, in a law firm, I often need to present arguments in a persuasive and powerful way, but also in the right order. The memory Palace technique is very helpful for that. This book gives some additional tips and ideas for constructing the so-called memory Palace. In conjunction with other books, it's very useful. I could also recommend a new book called moonwalking with Einstein, which is the same concept. That book, which I purchased locally in hard copy form, is about a writer who decided to enter a memory competition. It's got lots of useful information. I would deftly recommend buying that and this one together for a more complete picture.

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