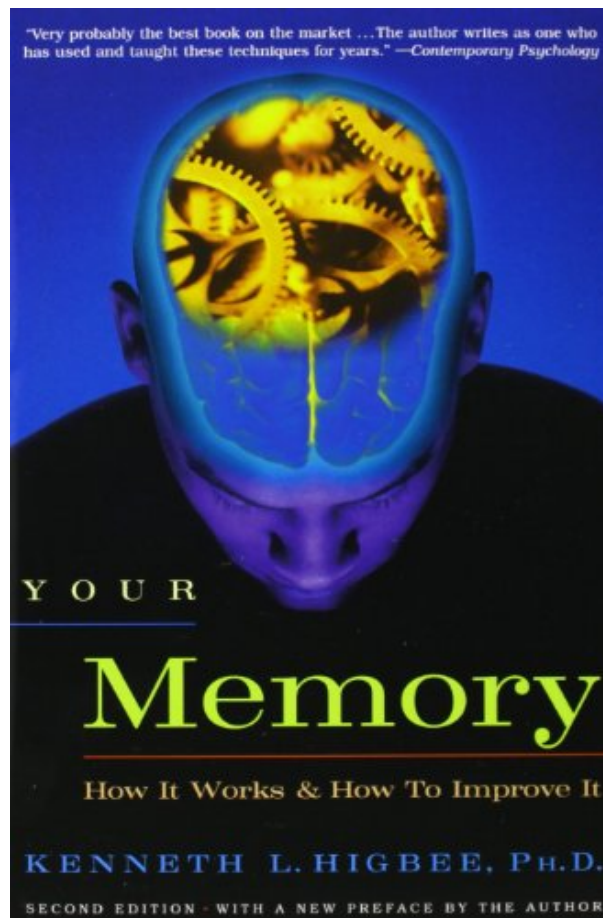


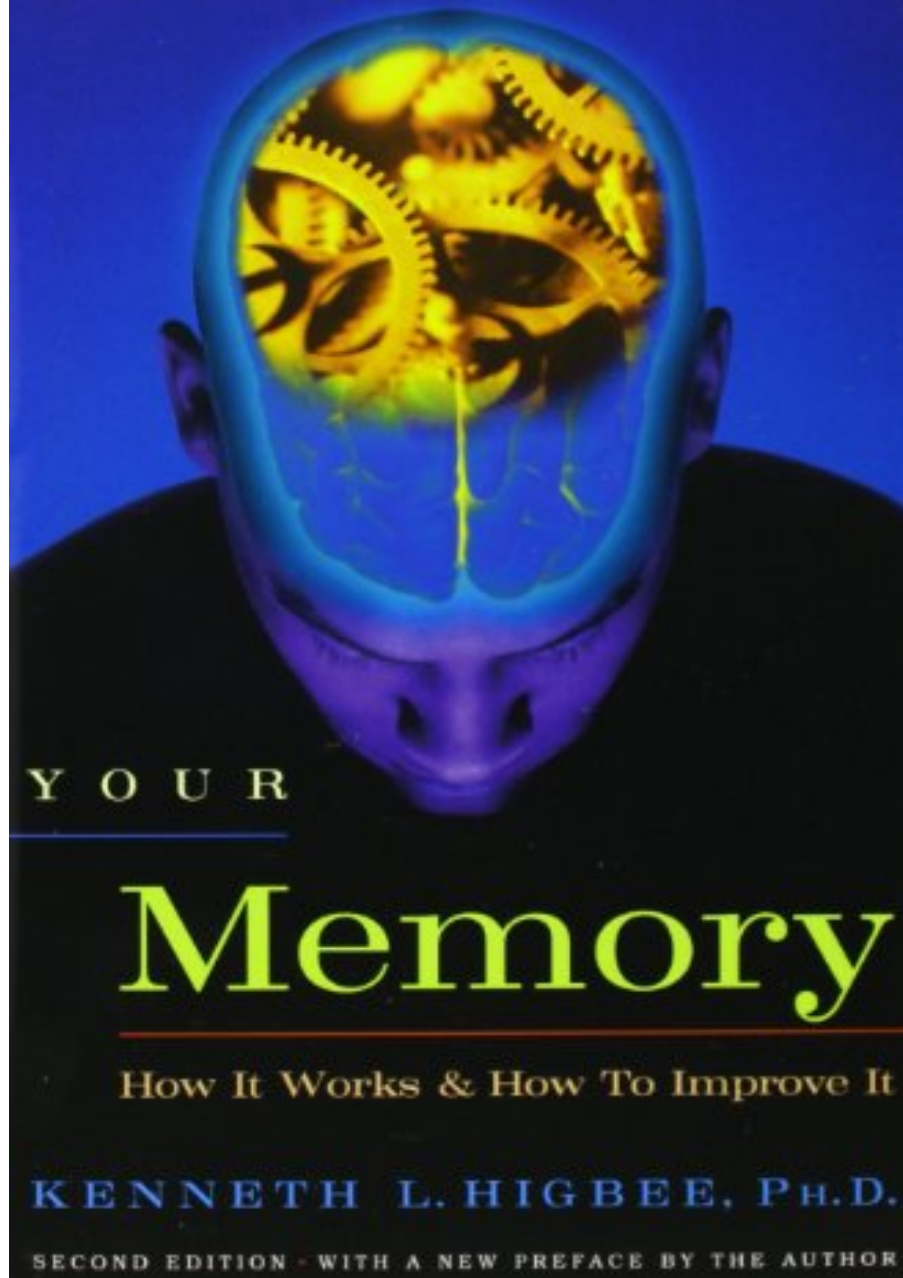
YOUR MEMORY : HOW IT WORKS AND HOW TO IMPROVE IT BY KENNETH L. HIGBEE PH.D.



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"Very probably the best book on the market ... The author writes as one who has used and taught these techniques for years." —*Contemporary Psychology*



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About the Author

Kenneth Higbee, Ph.D., is a professor of psychology at Brigham Young University where, among other subjects, he teaches courses he developed on memory improvement. He writes for many professional journals and has lectured and conducted workshops for diverse audiences, including business and professional groups, memory researchers, as well as children, students, and the elderly. He lives in Provo, Utah.

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Do you want to stop forgetting appointments, birthdays, and other important dates? Work more efficiently at your job? Study less and get better grades? Remember the names and faces of people you meet? The good news is that it's all possible. Your Memory will help to expand your memory abilities beyond what you thought possible. Dr. Higbee reveals how simple techniques, like the Link, Loci, Peg, and Phonetic systems, can be incorporated into your everyday life and how you can also use these techniques to learn foreign languages faster than you thought possible, remember details you would have otherwise forgotten, and overcome general absentmindedness. Higbee also includes sections on aging and memory and the latest information on the use of mnemonics.

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About the Author

Kenneth Higbee, Ph.D., is a professor of psychology at Brigham Young University where, among other subjects, he teaches courses he developed on memory improvement. He writes for many professional journals and has lectured and conducted workshops for diverse audiences, including business and professional groups, memory researchers, as well as children, students, and the elderly. He lives in Provo, Utah.

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2 of 2 people found the following review helpful.

Recommended to improve study skills

By Kyle B.

I purchased this book to help me study more effectively for my CPA exams. Overall I found this book to be very helpful, and I highly recommend it. I liked this book because it introduced me to some tools I had not heard of before, or had not thought to incorporate in my studying. Specifically, for me learning about the SQ3R method, and the Peg method were most helpful. I will say that the title of this book is very accurate: in each chapter the author takes time to discuss scientifically how the brain works, and then shares a specific tool to help you improve your memory. As I bought this to improve my memory I found myself skipping the scientific parts in order to get to the tips and tools. I will also say that I imagine most readers won't need every technique the author includes, and will find themselves skipping over parts of this book to get to the specific tools (i.e. you may find it easy to memorize passages of poetry or verses of scripture, but find it hard to remember names). That is fine as the book can be read cover to cover, or used as a reference tool. In conclusion, I highly recommend this book to anyone looking for tools to improve their memory and their

study habits.

1 of 1 people found the following review helpful.

planning to use this for medical school

By JaneC

I read this book early when I first started undergraduate. It was interesting and I found lots of fun tricks to memorize things. However, i only saw them as tricks, and didn't really think much to apply them to my studies. I didn't really find them necessary.

Ever since I entered medical school, I've become more and more conscious at my inefficient attempts to memorize material. Subconsciously I've been applying nearly all the memorization tricks, minus the pegging and loci system, to my studies and have been getting mediocre results. After an average semester, I decided to give this book a 'review' which reinforced many concepts that I had been halfway applying. Next semester I intend on consciously framing my study plan around the major principles (remembering, retaining, recalling) - and deliberately applying mnemonics and the sq3R (survey, question, read, recite, review) system to enhance my performance. I would recommend this to those who are looking to improve their grades or score in the top percentiles in the biomedical sciences.

8 of 9 people found the following review helpful.

"A Memory Book for the Thinking Person"

By Matthew Birdsell

"A Memory Book for the Thinking Person"

Kenneth Higbee's "Your Memory: How it Works and How to Improve It" is a very good book for any person who is interested in learning techniques for improving their memory along with learning the basics of understanding what "memory" actually is. In the first part of the book that Higbee explains he wanted to write a book with the intention of filling the void between the two main types of memory books that he has seen available in the market. Most other memory books are either college textbooks focused on the science behind a memory or they're popular books on mnemonics and memory training. Higbee said he wrote the book to bridge this gap between the two types of books and wanted it to be a "thinking person's memory book." He also explains that the book was written to be used as a textbook for his students, but the style of the book is not really that of a textbook and instead has a nice flow that makes the information easy to read and understand. This review is intended to give a brief synopsis of the book's organization, the main idea of the book, along a few interesting points from the book.

Book Organization

"Your Memory: How it Works and How to Improve It" is comprised of 14 Chapters, the first 6 of which focus more on what memory actually is while the remainder focus on mnemonic techniques. The book begins with an introduction where Higbee explains what the reader can expect from the book along with why you should read it. Although this section may be helpful to some it seemed to be somewhat repetitive in nature. After the introduction Chapter One starts by listing off 10 Myths about memory that he immediately would like to dispel from the readers understanding. This chapter lays the groundwork and does a good job of explaining a lot of basic questions that the reader might have about what memory most people are wrong about in regards to memories. The proceeding chapters build upon ideas from the first chapter starting by explaining what exactly "Your Memory" is, working its way into the next chapter that explains how "Your Memory" and remembering works. Higbee does a very good job of making the information flow into one another with very little ambiguity. There are numerous references and additional resources all throughout the book to help the reader with further understanding. The next two chapters are focused on laying out the basic principles on ways to work on your memory skills so you can remember specific basic information along with a chapter specifically discussing study techniques. The following chapters start to delve into the idea of Mnemonics (techniques intended to improve memory). He gives an introduction to Mnemonics and then immediately follows that chapter with one discussing the limitations so the readers fully understands what

they can actually gain from these techniques. The rest of the chapters discuss various techniques (Loci, Peg, Phonetic etc..) and how the user can actually use them in their lives. While discussing the various techniques Higbee continually references various psychological and medical journals, his own personal experiences and results that he has seen from students in his classes to help with the readers understanding.

"Your Memory"

The first half of the book is dedicated to giving an understanding to the reader what their Memory actually is and how it works. Higbee explains that the process of remembering can generally be referred to as the "Three Rs of Remembering" which are Recording (acquisition), Retaining (storage), and Retrieving (retrieval). Each of these parts of the process are vital and Higbee discusses each in depth. Higbee also explains that along with these three stages there appear to be at least two different processes involved in memory: short-term memory, and long-term memory. Higbee explains how both are so vital in allowing for a functioning memory and how the process involves short term memories "turn into" long term memories. He goes into great detail explaining that memory largely depends on storage and organization and that forgetting is really the issue at hand and explains several different reasons why we forget. After this explanation there were a couple chapters on basic remembering techniques. In particular Chapter 6 was a chapter dedicated to optimizing a person's Study Skills. I found this chapter to be extremely helpful and really changed the way I read the rest of the book. This chapter truly has had a lasting effect on my studying techniques and has helped me read textbooks differently and digest the information much better.

Mnemonic Techniques

The second half of the book was focused on giving the reader several techniques that they could learn and apply to their lives to help with their remembering. Each chapter covers a different technique and explains what it is, how well it works, and how you can use it. These different chapters on the Mnemonic techniques aren't necessarily giving any new information but Higbee does a good job of thoroughly explaining each one and giving several references and examples for each of them. In all honesty I thought his use of resources was very helpful but I was surprised to how many he actually used and how some of them were not very well cited. The techniques ranged from the simple techniques like the Loci system that is very quick and easy to learn, to the more difficult techniques like the phonic system where Higbee says you have to put in a lot of time and effort into studying and practicing the technique too actually make it work. Overall this section of the book is probably what would draw most readers to actually pursue reading the book. With that being said I think that Higbee did an excellent job of giving the reader what they desired out of this section of the book as it really lays out the information for the reader in a way that they know exactly what they have to do for each technique to make it work and fully understand the idea behind it.

Recommendation

This book in my opinion is one that every student should read and is definitely a good memory book for anyone who is interested in understanding what memory is and truly wants to increase their remembering abilities. Higbee does a good job of giving a number of different mnemonic techniques that can be put to use every day, he does a good job of suggesting how and when to use the techniques along with naming numerous helpful resources and references to support his claims. Within the text there are several lessons that truly could change the reader's life if they have the time to actually learn the techniques. This being said as Higbee notes trying to use these techniques without putting the proper time in could actually hinder your memory. So all in all I would definitely recommend this to anyone who has interest in memory and the time to try to improve their remembering.

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About the Author

Kenneth Higbee, Ph.D., is a professor of psychology at Brigham Young University where, among other subjects, he teaches courses he developed on memory improvement. He writes for many professional journals and has lectured and conducted workshops for diverse audiences, including business and professional groups, memory researchers, as well as children, students, and the elderly. He lives in Provo, Utah.

By reviewing this book Your Memory : How It Works And How To Improve It By Kenneth L. Higbee Ph.D., you will certainly obtain the most effective point to obtain. The brand-new thing that you don't should invest over money to get to is by doing it on your own. So, what should you do now? Visit the link web page and download and install the book Your Memory : How It Works And How To Improve It By Kenneth L. Higbee Ph.D. You can obtain this Your Memory : How It Works And How To Improve It By Kenneth L. Higbee Ph.D. by on-line. It's so easy, isn't it? Nowadays, technology truly supports you tasks, this online publication [Your Memory : How It Works And How To Improve It By Kenneth L. Higbee Ph.D.](#), is as well.