

# Memory Improvement By Barrie Konicov, Susie Konicov



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As an organic storage device, the brain compares pretty favorably to digital drives. It's believed to be able to retain up to 2.5 petabytes of information—that's akin

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I used to have a memory that amazed people, but in the last few years I've had trouble remembering names and movie titles. ("You know, the one about the guy

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How to Improve Your Memory, Instantly. A crash course in training your brain for amazing recall. Posted Feb 14, 2014. [SHARE](#) · [TWEET](#) · [EMAIL](#) · [MORE](#).

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How to Improve Your Memory. There is no such thing as a "bad memory", and anyone can improve their memory, as long as you are not suffering from memory

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So, let's take a look at what's really going on in your brain, and then see if we can actually do anything to improve your memory.

## **An ancient and proven way to improve memorization; go ahead and**

It teaches the "method of loci," also known as the "memory palace." As its names suggest, the approach involves associating the ideas or

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Memory training exercises can help people with TBI improve memory. However, it would be helpful to know whether these interventions help

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It can also be argued that interventions that are supportive of remembering but not directly involved in remembering are not technically part of memory improvement.

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According to a Mayo Clinic expert, having enough B-12 in your diet can improve memory. However, if you get an adequate amount of B-12,

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How to improve your memory now. What works—and what doesn't—to stop Alzheimer's and boost brainpower. Published: April 2014

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To evaluate Piaget's interpretation of long-term memory improvement, we occasional instances of improvement in memory were unrelated to operational

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