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so tell yourself that you're going to study and believe in the power of positive thinking. Make the most of rest periods - do something different. Every hour or so while studying, get up and ... Memory Pay attention while you are learning. If you act interested in the material it will stay in your head better.

Improving Your Concentration and Memory

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an important part of better memory fitness. However, it is not a substitute for it. Internal memory techniques are very powerful ways to learn and remember information. Let's look at how they work: They force you to focus attention on what you are trying to learn. When you apply an internal memory technique, you are forced to concentrate.

Eight Memory Techniques You Can Really Use

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the poet, the genius of the painter, the heroism of the warrior, all depend upon memory. ... Memory is the power of reproducing in the mind former impressions, or percepts. Remembrance and Recollection are

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