

Download Your Memory By Kenneth L Higbee

Your Memory : How It Works and How to Improve It [Kenneth L. Higbee Ph.D.] on Amazon.com. *FREE* shipping on qualifying offers. 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 ...Memory Remembering, Recollection, Reminiscence, Remembrances, Memories Reflections, Forgetting, Nostalgia, The Past, History, Personal Identity These “power tool” ideas for studying really work, and your improved learning skills will help you immediately and will continue paying dividends for a long time. The mnemonic peg system, invented by Henry Herdson is a memory aid that works by creating mental associations between two concrete objects in a one-to-one fashion that will later be applied to to-be-remembered information.