



# MIND AND MEMORY

— M A S T E R Y —

## TOP RESOURCE REPORT



**Supercharge your Memory** and Hone  
your Brain By Employing these  
Adept Techniques!!!



## Videos

<https://www.brainmdhealth.com/brain-and-memory-power-boost>

<https://www.youtube.com/watch?v=8G6MD3N-tg4>

<https://www.youtube.com/watch?v=HLaN67bPgaM>

<https://www.youtube.com/watch?v=TGC3ygzak>

<https://www.youtube.com/watch?v=5uolyMV3qA4>

<https://www.youtube.com/watch?v=eNrUC47HEjo>

## Tools

<http://www.human-memory.net/processes.html>

<https://www.verywellmind.com/what-is-memory-2795006>

[http://www.human-memory.net/intro\\_what.html](http://www.human-memory.net/intro_what.html)

<https://www.brainhq.com/brain-resources/memory/types-of-memory>

<https://www.interaction-design.org/literature/article/the-properties-of-human-memory-and-their-importance-for-information-visualization>

<http://www.bbc.com/future/story/20140221-how-does-your-memory-work>

<http://www.human-memory.net/>

<https://childdevelopment.com.au/areas-of-concern/working-memory>

## Training

<http://theconversation.com/working-memory-how-you-keep-things-in-mind-over-the-short-term-75960>

<https://www.simplypsychology.org>

<https://www.psychologytoday.com/us/articles/200306/past-perfect-why-bad-memories-fade>



<https://www.verywellmind.com/what-is-memory-2795006>

<https://pubs.niaaa.nih.gov/publications/arh27-2/186-196.htm>

[https://www.bbc.co.uk/radio4/memory/understand/memory\\_drug\\_abuse.shtml](https://www.bbc.co.uk/radio4/memory/understand/memory_drug_abuse.shtml)

<https://www.futuresofpalmbeach.com/resources/drug-use-and-memory-loss/>

<https://www.webmd.com/healthy-aging/guide/9-brain-boosters-to-prevent-memory-loss#1>

<https://timesofindia.indiatimes.com/life-style/health-fitness/health-news/10-Simple-tricks-to-prevent-memory-loss/articleshow/12173119.cms>

<https://organicaromas.com/blogs/aromatherapy-and-essential-oils/improve-memory-with-rosemary-essential-oil>

<http://www.wellnesstoday.com/spirit/5-essential-oils-to-improve-your-memory-and-focus>

<https://www.magneticmemorymethod.com/brain-exercises/>

## Blogs

<https://www.helpguide.org/articles/healthy-living/how-to-improve-your-memory.htm>

<https://www.bbcgoodfood.com/howto/guide/10-foods-boost-your-brainpower>

[https://artofmemory.com/wiki/Dominic\\_System](https://artofmemory.com/wiki/Dominic_System)

<https://memoryexcursion.wordpress.com/pao-system/>

<https://www.theguardian.com/lifeandstyle/2012/jan/14/truth-about-memories-jarrett>

<https://www.infoprolearning.com/blog/human-memory-myths-debunked-for-elearning-professionals/>

<https://www.powerofpositivity.com/5-ways-to-hack-your-brain/>

<http://time.com/4249477/success-mindset/>



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