



The Memory Arts, Secundi Millennii: Principles Explained and Illustrated

David L Trustman, Sarah M Trustman

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This groundbreaking book introduces the ancient art of memory and recollection by presenting a Layered Mnemonic Methodology—in GRAPHIC form—that teaches the fundamentals of a trained mind through playing card memorization. In the days of Plato and Aristotle, these systems were part of formal education, and for thousands of years their instruction has been passed down via written word, requiring the reader to translate those words into images. Recognizing that written letters are natural to none, THE MEMORY ARTS bypasses the unnatural for the natural, providing beautifully painted locations designed specifically for memory storage and retrieval. THE MEMORY ARTS provides a methodology so refined even a 6 year old can learn how to memorize a shuffled deck of cards, a list of over 25 items that can be called back in any order, and countless phone numbers. The principles taught in this book are directly applicable to every area of life, be it business, math, history, shopping lists, speeches and more.

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