

UNLIMITED MEMORY

*HOW TO USE ADVANCED LEARNING STRATEGIES TO LEARN FASTER, REMEMBER
MORE AND BE MORE PRODUCTIVE*

SPECIAL AUDIOBOOK COMPANION DOCUMENT

KEVIN HORSLEY

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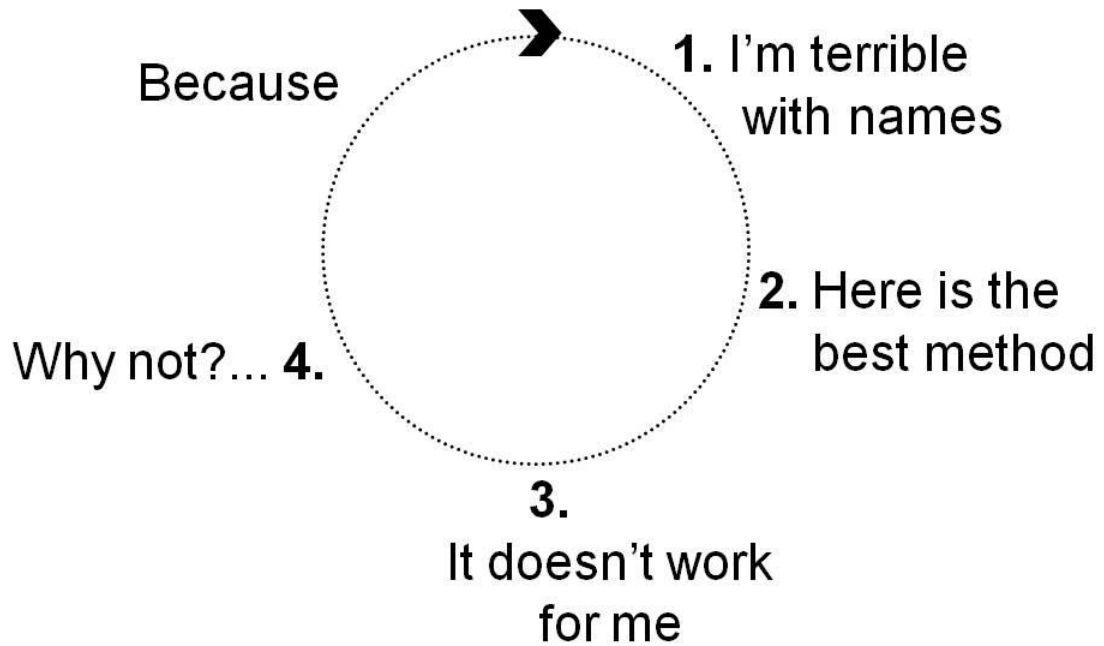
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AUDIOBOOK DEDICATION

This audiobook is dedicated to Eloise Cooper.

I would like to acknowledge the contributions that you made to this book and thank you so much for all your encouragement and support in my life.

CHAPTER 3. NEVER BELIEVE A LIE



CHAPTER 5. BRING INFORMATION TO LIFE

First, we will use **Spanish words**:

Tiger is **Tigre**, it sounds like tea grey. Imagine a *tiger* drinking his **tea** that has turned **grey**.

Sun is **Sole**. Imagine that the *sun* is burning the **sole** of your one foot.

Arm is **Brazo**. Imagine a **bra** is **sewn** onto your arm.

Some **Italian words**:

Chicken is **Polo**. You can imagine playing **polo** with a *chicken* instead of a ball.

Cat is **Gatto**. Imagine saying to your friend, "You've **got to** hold my *cat*."

Some **French words**:

Book is **Livre**. Sounds like liver, so you can imagine opening a *book* and finding squashed **liver** inside.

Hand is **Main**. My **main** hand is my right *hand*.

Chair is **Chez**. Imagine you have **shares** in a *chair*.

Some **Zulu words**:

Dog is **inja** (eenjaa). Think of an **injured** *dog*.

Floor is **phansi** (pansee). Imagine a **pansy** growing out of the *floor*.

Snake is **Inyoka** (eenyo'kaa). Imagine a *snake* slithering **in your car**.

Some **Japanese words**:

Chest is **Mune** (Mooneh). Imagine **money** growing out of your *chest*.

Door is **To** (Toe). Imagine you are kicking the *door* with your big **toe**.

Carpet is **Juutan** (Jootan). Imagine **you** are **tanning** on a big *carpet*. Or, **you tan** a *carpet*.

Test yourself:

What is the Spanish word for tiger?

What is the Italian word for cat?

What is the Zulu word for dog?

What is the Japanese word for chest?

What is the French word for book?

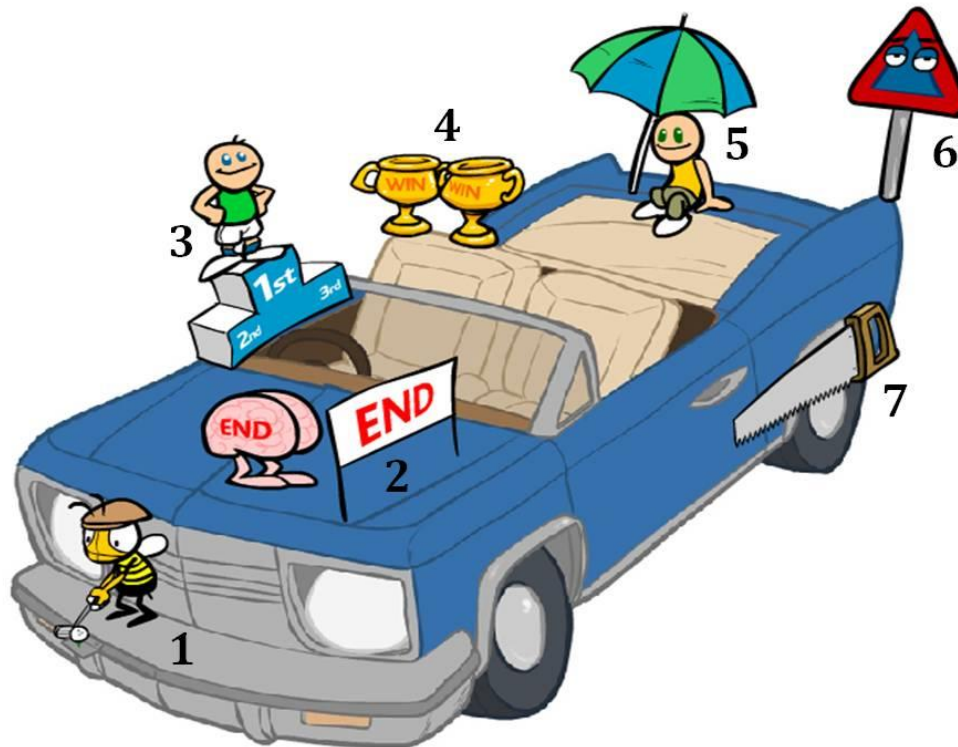
What is the Italian word for chicken?

What is the Zulu word for snake?

What is the French word for hand?

What is the Japanese word for carpet?

CHAPTER 6. USE YOUR CAR TO REMEMBER



With this picture you have just learned Stephen Covey's *Seven Habits of Highly Effective People*. By remembering all seven images you are creating points of reference within your mind for each of the habits. When you have it in your memory it will be easier to gauge if you are living the Seven Habits. When you mentally look at the car you will instantly be able to recall all the information. Remember the more you know, the easier it is to get to know more.

Let me explain each of the pictures; the Seven Habits are as follows:

Habit 1: **Be Pro-active** – I thought of a Bee that is a pro-golfer. That picture should be enough to trigger habit 1.

Habit 2: **Begin with the End in Mind** – The brain is running a race, and looking at the end in mind.

Habit 3: **Put First Things First** – the man is in 1st position, putting first things first.

Habit 4: **Think Win/Win** – the two trophies show that everyone wins with win/win.

Habit 5: **Seek First to Understand, Then to be Understood** – The man *under* the umbrella will *stand up*.

Habit 6: **Synergize** – *sign* balancing on the *edge* with *eyes*.

Habit 7: **Sharpen the Saw** – on the tire of the car.

With your memory always use as few pictures as possible, to remember as much as possible.
The more simple and clear it is, the less you will feel overwhelmed.

You can also make the connection that the first 3 habits are the **Private Victory**: the front of your car is private; you are the only one that opens the bonnet of your car. Habits 4, 5 and 6 are the **Public Victory**: in the car, you allow others to get into your car, it is public. Habit 7 is outside the car: the seventh habit keeps everything else in check.

CHAPTER 8. PEGGING INFORMATION DOWN

Tony Robbin's Ten Emotions of Power are:

1. Love and warmth
2. Appreciation and gratitude
3. Curiosity
4. Excitement and passion
5. Determination
6. Flexibility
7. Confidence
8. Cheerfulness
9. Vitality
10. Contribution

One rhymes with the word Bun

Two— Shoe

Three— Tree

Four— Door

Five— Hive

Six— Sticks

Seven— Heaven

Eight— Gate

Nine— Vine

Ten— Hen

Use the images below to remember your pegs.



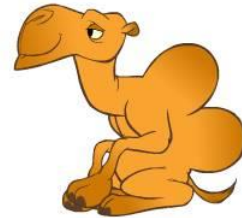
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1



2



3



4



5



6



7



8



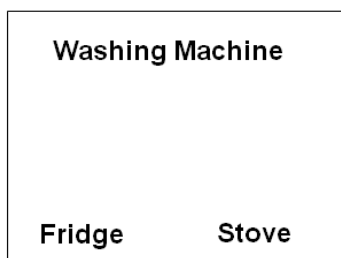
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CHAPTER 9. IN THE FIRST PLACE

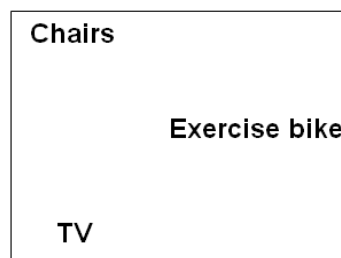
John C. Maxwell's Daily Dozen:

1. Attitude
2. Priorities
3. Health
4. Family
5. Thinking
6. Commitment
7. Finances
8. Faith
9. Relationships
10. Generosity
11. Values
12. Growth

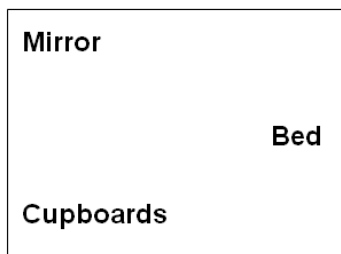
Room 1 (Kitchen)



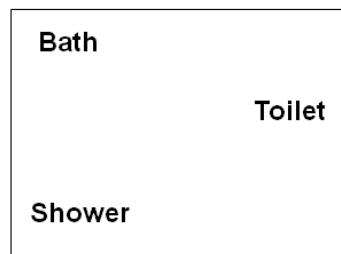
Room 2 (TV room)



Room 3 (Bedroom)



Room 4 (Bathroom)



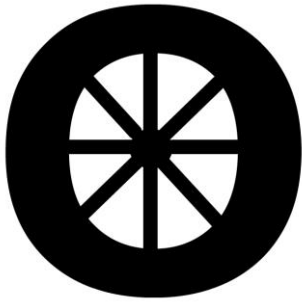
CHAPTER 10. LINKING THOUGHTS

Here is the list of the first twelve Presidents:

1. **Washing** a **tin** - Washington
2. **Adams** apple - **Adams**
3. A **chef** and **her son** - sounds like **Jefferson**
4. **Medicine** - sounds like **Madison**
5. Marilyn **Monroe** - **Monroe**
6. **Adams** apple - **Adams**
7. Michael **Jackson** - **Jackson**
8. A **van** with **beer in** - **Van Buren**
9. A **hairy sun** - **Harrison**
10. A **tiler** (a person who lays tiles) - **Tyler**
11. **Polka** dots - **Polk**
12. **Tailor** – **Taylor**

CHAPTER 12. REMEMBERING NUMBERS

0 is the **S, Z or C** sound: S sounds like the hissing of a wheel (which looks like 0):



1 represents the **T or D** sound:



2 is the **N** sound:



3 is the **M** sound:



If I make the word **TOMATOES**, what will the number be?

T: 1, **O: no value**, **M: 3**, **A: no value**, **T: 1**, **O: no value**, **E: no value** and **S: 0**. The number would be **1310**.

What word could you make for **321**?

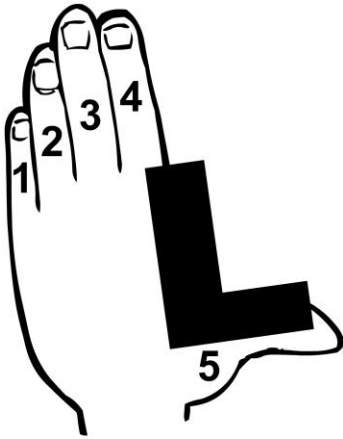
3: M, **2: N** and **1: D or T**. We have the letters MNT or MND. If we add the vowel 'i' we have the word **Mint**, or if we add a 'd' at the end and the vowel 'e' we have **Mend**. Or, try the vowel 'a' and add a 'y', then you can make the name **Mandy**.

It is like learning a new number language.

4 is the **R** sound:



5 is the **L** sound:



6 is the **J, Sh, soft Ch or soft G** sound:



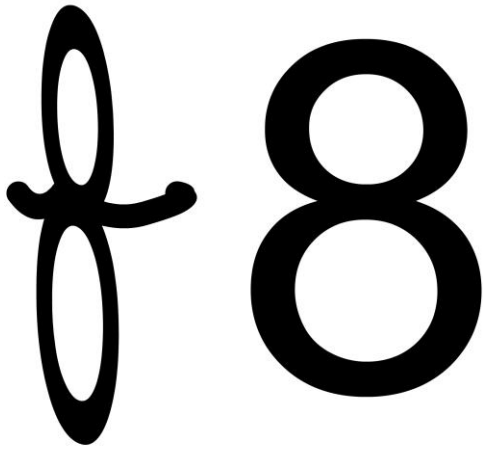
What word can you make with **654**?

Jailer.

7 is the **K, C** sound:



8 is the **F or V** sound:



9 is the **B or P** sound, looks like the mirror and upside down image of 9:



If I say **cave**, what is the number?

78.

What word can you make with the number **98**?

Beef.

Now you can see that the number

3472 9401215 721110 is as easy as remembering

aMeRiCaN PReSiDeNTiaL CaNDiDaTeS

Do you now see how you can use this to remember any number?

Here is a list of words for each number from 1 to 100.

This method is great because you don't have to worry about spelling – it works on sounds.

00. **Sauce**

01. **Soda**

02. **Sun**

03. **Swim**

04. **Sir**

05. **Seal**

06. **Sash**

07. **Sock**

08. **Safe**

09. **Soap**

1. **Tie**

2. **Noah**

3. **Ma**
4. **Ray**
5. **Law**
6. **Jaw**
7. **Key**
8. **Foe, UFO**
9. **Bee**
10. **Toes**
11. **Dad**
12. **Tan**
13. **Dam**
14. **Deer**
15. **Tail**
16. **Dish**
17. **Duck**
18. **Dove**
19. **Tape**
20. **Nose**
21. **Net**
22. **Nun**
23. **Gnome** (Silent G)
24. **Nero**
25. **Nail**
26. **Nosh**
27. **Neck**

28. **Navy**

29. **Nap**

30. **Mouse**

31. **Mat**

32. **Moon**

33. **Memo**

34. **Mower**

35. **Mail**

36. **Mash**

37. **Mike**

38. **Mafia**

39. **Map**

40. **Rose**

41. **Rat**

42. **Rain**

43. **Ram**

44. **Rower**

45. **Reel**

46. **Rash**

47. **Rock**

48. **Roof**

49. **Robe**

50. **Lassie**(one S sound)

51. **Lady**

52. **Lion**

53. **Limo**

54. **Lorry** (one R sound)

55. **Lily**

56. **Leach**

57. **Lock** (ck one K sound)

58. **Leaf**

59. **Lip**

60. **Chess** (one S sound)

61. **Jet**

62. **Chain**

63. **Jam**

64. **Chair**

65. **Jail**

66. **Cha – Cha**

67. **Shake**

68. **Chief**

69. **Jeep**

70. **Case**

71. **Cat**

72. **Can**

73. **Comb** (Silent B)

74. **Car**

75. **Coal**

76. **Cash**

77. **Coke**

78.Cave

79.Cab

80.Face

81.Fat

82.Fan

83.Foam

84.Fire

85.Foil

86.Fish

87.Fake

88.Woof-woof

89. FBI

90. Bus

91. Bat

92.Bun

93.Bum

94.Bear

95.Ball (one L sound)

96.Beach

97.Back

98.Beef

99.Baby

100.Daisies

CHAPTER 13. ART IN MEMORY

This picture below is a memory diagram of the twelve cranial nerves that emerge directly from our brain:



The link starts with a picture of an **old factory** (sounds like **Olfactory**). The second picture is a man picking **up** a right **tick** to remind you of **Optic**. The third picture is a motor with a knife in it; it is a **killer motor** (sounds like **Oculomotor**). The fourth picture is a **truck**, with **clear** written on it, which represents **Trochlear**. The **three gems** are a reminder for **Trigeminal**. **Two cents** for **Abducens**. A lady having a **facial** is for **Facial**. **Vest** being worn by a **cock** for **Vestibulocochlear** – you can always add more to the picture if the picture doesn't trigger the whole word. The **pharaoh** has red lip **gloss** on for **Glossopharyngeal**. The Las **Vegas** sign, for the **Vagus** nerve. The earrings are an **Accessory** and finally the **hippo** with red lip **gloss** is for **Hypoglossal**.

These pictures are all short mental reminders or triggers to help you recall the main content. By looking, linking, and locking in the image you will make the memory link stronger and easier to recall. Try it!

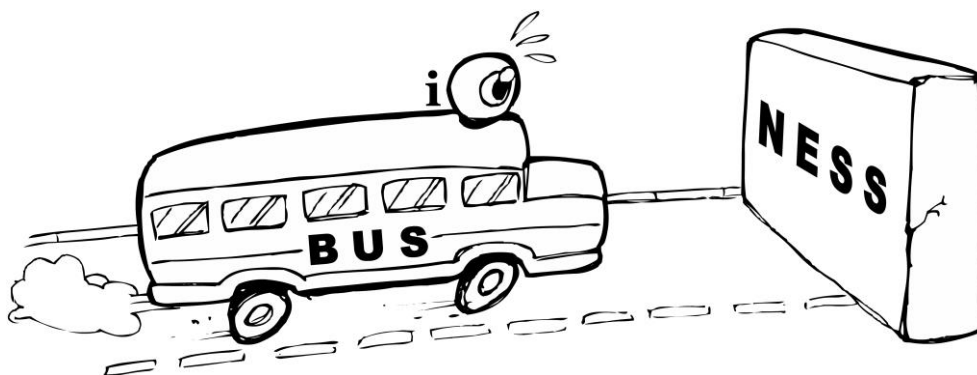
The next example is a picture that will help you remember the first ten elements of the periodic table:



First, we have a shiny yellow fire hydrant (**Hydrogen**) with helium-filled balloons (**Helium**) tied to the top of the hydrant. The helium balloons are touching the light bulb (**Lithium**). The light bulb is burning the different colored berries (**Beryllium**). The berries are being eaten by a smelly wild boar (**Boron**). A car with a bun attached to it (**Carbon**), crashes into the boar. Behind the car-bun is a knight (**Nitrogen**), and out of his armor pops a scuba diving oxygen tank (**Oxygen**). The oxygen tank is being used by the woman with flu (**Fluorine**). The spluttering and sneezing 'flu woman' has a massive neon sign (**Neon**) that blinks on and off behind her.

Look at the picture again, make the links and it will be installed in your memory.

SPELLING

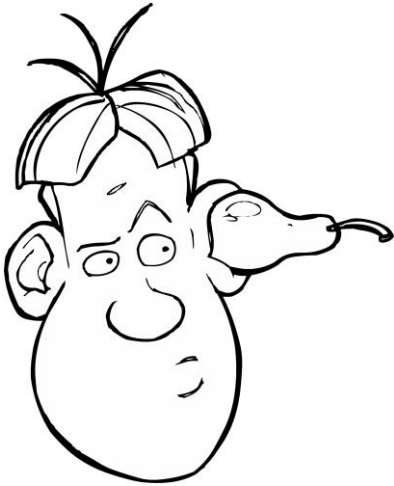


Business



There are two snakes (**2 Ss**) in the dessert.

Here is a great way to clear up any confusion between homophones:



He has a **pear** in his **ear**.



The **pair** of shoes are flying through the **air**.

MIND MAPPING

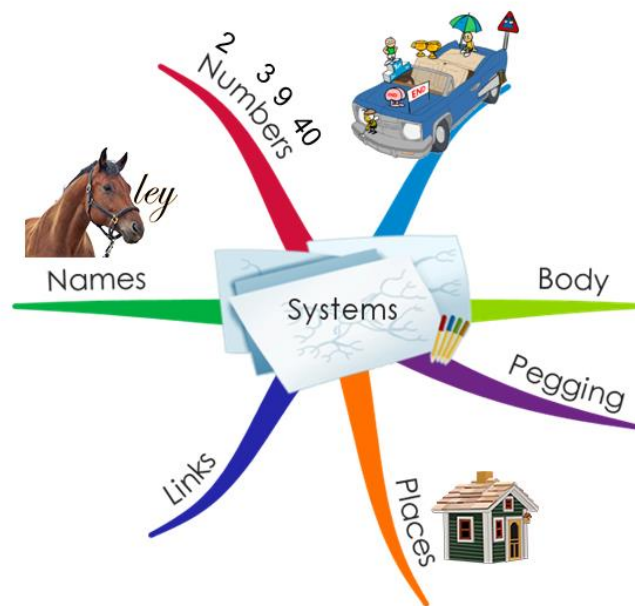
With every Mind Map you start in the centre of a blank page with a central image. This central image is what the whole Mind Map is about; therefore I will call this central image 'Systems'. As we now know images are memorable and stimulate more creativity.

Step 1:



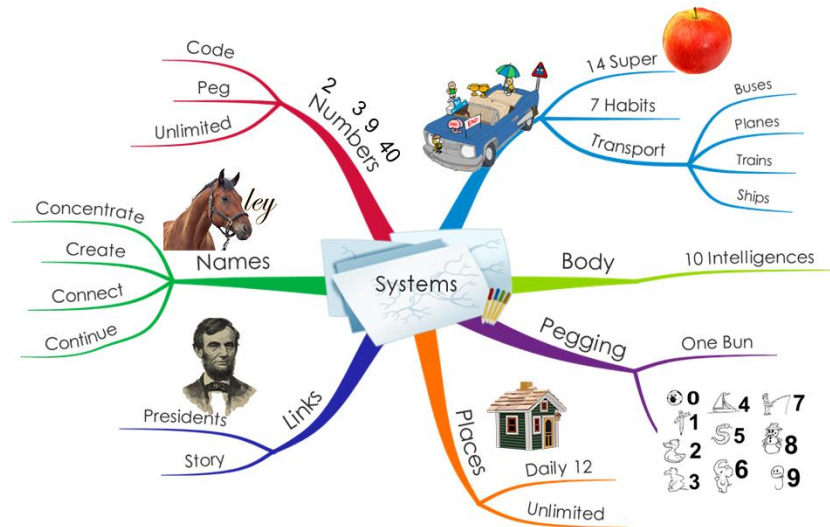
Step 2:

Once you have your central image, then you connect branches to the central image and start branching out the headings. The main branches are all the memory systems we have covered.

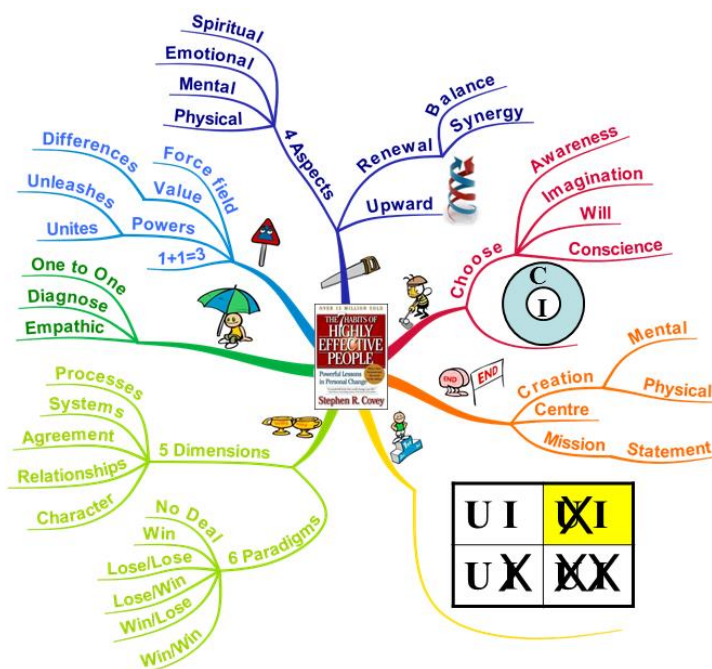


Step 3:

Once we have our main branches, then we can connect second and third level branches to give more detail to each main branch.



We can add even more branches to the existing branches to help clarify ideas or give more detail. Remember to use only one word per branch. This aids your associating mind to bloom freely, and remember to add lots of images. Each main branch will also have one color, this helps visually to distinguish between different branches or content. A Mind Map can never end because your associating mind can always find just one more memory.



CHAPTER 14. USING THE METHODS

1. REMEMBERING WRITTEN INFORMATION WORD-FOR-WORD

SUCCESS

To **laugh often** and much; to win the respect of **intelligent people** and the **affection of children**; to earn the **appreciation of honest critics** and endure the **betrayal of false friends**; to appreciate **beauty**, to find the **best in others**; to **leave the world** a bit better, whether by a **healthy child**, a **garden patch** or a redeemed **social condition**; to know even one life has **breathed easier** because you have lived. This is to have succeeded.

2. PRESENTING FROM MEMORY

You can design your presentation with this FLOOR principle in mind. In a presentation we tend to remember:

F – First things

L – Last things

O – Outstanding information

O – Own links

R – Repeated information

If you use this principle you will get your audience to remember more – making your presentation more enjoyable.

4. REMEMBERING PLAYING CARDS

With the system that I use, you will need to know the number code system from Chapter 12. The card system works in the same way as with numbers. Only this time, the first letter of each suite will start the name of each card e.g. the 3 of diamonds will be D for diamonds and 3 = M, add a vowel and you have DaM. All the Diamond cards will start with a D; all the hearts will start with H etc. And then you just add the converted number to the end of the card.

Here are all the images for all the suites:

Diamonds

A – Date (Ace is 1)

2 – Dan

3 – Dam

4 – Door

5 – Deal

6 – Dish

7 – Duck

8 – Dove

9 – Deep

10 – Dice (10 will be zero, s sound)

J – Diamond (Jacks will always be the image of the suite)

K – Ding (With Kings we use a word with ‘ing’ in it)

Q – Dean (With Queens we use a rhyming word)

Heart

A – Hat

2 – Hen

3 – Ham

4 – Hair

5 – Hail

6 – Hash (hash brown)

7 – Hack

8 – Hoof

9 – Hoop

10 – House

J – Heart (Jacks will always be the image of the suite)

K – Hinge (With Kings we use a word with 'ing' in it)

Q – Your queen of hearts (E.g. Princess Diana)

Spades

A – Sit

2 – Sun

3 – Sam (Uncle Sam)

4 – Sir

5 – Seal

6 – Sash

7 – Sack

8 – Safe

9 – Soap

10 – Seas

J – Spade (Jacks will always be the image of the suite)

K – King (With Kings we use a word with ‘ing’ in it)

Q – Queen (With Queens we use a rhyming word)

Clubs

A – Ace

2 – Two

3 – Camo (camouflage)

4 – Car

5 – Coal

6 – Cash

7 – Cake

8 – Cafe

9 – Cap

10 – Case

J – Club (Jacks will always be the image of the suite)

K – King (With Kings we use a word with ‘ing’ in it)

Q – Queen (With Queens we use a rhyming word)

Let’s practice: imagine a **King** bashing down the **Door** and entering your **House**. He finds some **Ham** and **Duck** to eat in your fridge. With that silly story you remembered five cards – King of Clubs, 4 of Diamonds, 10 of Hearts, 3 of Hearts and 7 of Diamonds. Easy isn’t it?

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ABOUT THE AUTHOR



For over 25 years, **KEVIN HORSLEY** has been analyzing the mind and memory and its capacity for brilliance. He is one of only a few people in the world to have received the title *International Grandmaster of Memory*. He is a World Memory Championship medalist, and a two-time World Record holder for *The Everest of memory tests*. Kevin is also an author of four books, and the designer of a times table game with the Serious Games Institute at North-West University Vaal Campus.

Kevin is an International professional speaker, and assists organizations in improving their learning, motivation, creativity, and thinking.

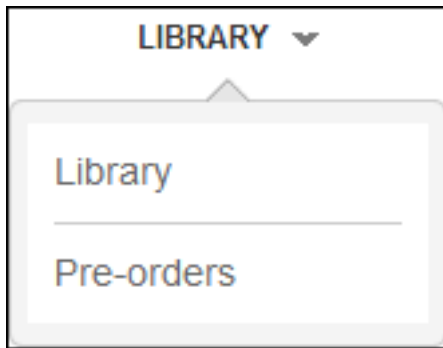
Learn more about Kevin at www.supermemory.co.za

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