



**Learn to Remember: Train your brain for peak performance, discover untapped memory powers, develop instant recall, and never forget names, faces, or numbers**

*Dominic O'Brien*

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Drawing upon the extraordinary skills of eight-times World Memory Champion Dominic O'Brien, *Learn to Remember* provides a unique illustrated repertoire of proven and effective ways to enhance your memory.

In this book you learn how to extend your memory power, as well as to use a wealth of shortcuts and techniques applicable to a wide range of tasks, from memorizing a speech, a shopping list or a set of city street directions to remembering names and faces. Learn to recall details at work and never miss that anniversary.

When Dominic first trained himself to remember longer and longer sequences of random units, he found himself recalling forgotten experiences from childhood as his brain's powers became strengthened and refined. We all have the potential to sharpen and extend our memories to a degree that might seem incredible to anyone who was never tried it. Improving our memory is the key to a more fulfilled life. If we can master the arts of storage, retention and recall, our knowledge of the world improves, we can derive more from our reading, we learn to be more effective at work, and even our relationships become richer and more harmonious.

With a master memorizer as your guide, you can open up rewarding inner realms of possibility you never even knew existed. Join Dominic O'Brien on what may turn out to be the most memorable journey of your life.

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