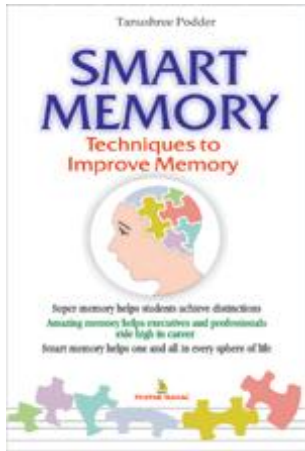




## Smart Memory



**Author:** Tanushree Podder  
**Format:** Paperback  
**ISBN:** 8122307590  
**Code:** 8962A  
**Pages:** 140  
**Price:** Rs. 96.00 US\$ 4.00

**Publisher:** Pustak Mahal  
Usually ships within 15 days

Memory is money!  
Memory is success!  
Memory can improve relationships!

Surprised? Well! A good memory can do all this and much more.

It can change the entire course of our lives, it can take us to the zenith of success in any area that we wish to conquer, it can make us popular in the society, and work wonders about the way people think about us.

Do you want to be a topper?  
Do you want to be a leader?  
Do you want to be popular?  
Do you want to be a success?

If your answer to all these is yes, you need to read this book.

It can show you the path to all that you want to achieve, just through improving your memory.

A must for everyone especially students and executives, this book lays down the simple methods of achieving an amazing memory!

About the author:

Tanushree Podder is a management graduate. She has specialised in labour laws and HRD.

Her inquisitive mind led her to make forays into various fields like beauty, education, Reiki, Vipassana and computers.

Lately, she has been doing a detailed study of the various alternative therapies used in India and abroad. Her forte lies in writing on various subjects like human relationships, health and humour etc.

She has been writing for over twenty years for almost all newspapers and English magazines published in the country.

She has travelled widely through the country with her husband who is an army officer.

Currently, she is associated as a visiting lecturer with the Convergence Institute of Media Management & Information Technology Studies.



She is also working in the field of Corporate Training on subjects such as Creative Writing, Effective Communication and Human Relations.

Her other books, which have been well appreciated are: Fit & Fine in Body & Mind, Over 1000 Household Hints, Indian Cuisine, Beauty Solutions and The Magic of Massage.

Contents:

1. First the Fundamentals
2. The Process of Remembering
3. How to Improve Memory
4. The Peg Method
5. Remembering Names
6. Mental Fitness
7. Memorizing Methods for Students
8. The Indian Approach on Memory
9. Memory Improving Foods and Herbs

Introduction Some books are written because the author happens to be an expert in that field and wants to share his knowledge with the world at large; while some books are written because there is a commercial possibility; still others are written because the author feels a genuine need to express his ideas.

For me this book is important because I have gone through the problems that are associated with difficulties in remembering names and faces. For years I struggled with the handicap, sometimes blaming the advancing age and at other times just making excuses. Then I realised that it was important to me, as a writer, to remember things. There were times when I wanted to quote a relevant quotation but couldn't recall the exact words. At other times, I struggled to remember a word, which I knew, was at the tip of my tongue but wouldn't surface when I wanted to use it. I couldn't remember faces and this caused me several embarrassing moments.

It hadn't always been this way. I was a fairly good student and could retain most of what I read. Somewhere along the line, I had stopped making an effort to remember what I read and this was causing the problems. There had been a time when I could solve pretty tough equations mentally. I had no problem converting the currency values when I went abroad. I did it without the use of pen and paper. I had an amazing memory for numbers. In fact, I rarely noted down phone numbers. You can well imagine how I must have felt when I realised that I could no longer recall important information. The current state of affairs was something akin to the rusting of equipment. For long I had neglected the machinery and the results were very disturbing. Then I told myself, Enough is enough. It's time I do something about the problem and improve my memory. That was the turning point in my life. I ransacked the libraries for all books available on the subject; I attended several seminars on memory improvement; and I tried out various permutation and combinations of my own. I found that the techniques taught by the experts ran along familiar lines and were almost similar in nature. I also found that our ancient scriptures had a lot to offer on the subject, in an indirect manner. I discovered that Swami Vivekananda was an expert in memorising and speed-reading. I read several of his books and reached my own conclusions.

At the end of it all I have realised that anyone can improve memory with a little effort and perseverance. Memory improvement techniques are pretty simple to learn but they require a lot of practice and constant use, otherwise there is hardly any benefit. Whether one is a student or an executive, a homemaker or a businessman, a good memory is one thing that comes handy in everyone's life. Everyone wants to possess a good memory because it could make a tremendous difference to their lives. You, too, want to develop a fantastic memory. Otherwise, you would not have bought this book, in the first place.

Some people like to say that they have a bad memory. They seem to be quite proud of the fact. While it may serve some absurd purpose to do so, I cannot but detect a sense of frustration in their mien. After all, no one is quite happy when one is unable to recall important information.

The good news is that anyone can have a good memory. It is not at all difficult to develop this particular faculty provided one makes a serious effort to achieve it.

I am writing this book to help those who are sailing in the same boat as me. Most of these techniques are tried and tested and are not difficult to follow, provided your intentions are serious. You could pass on these skills to your children and friends, for their benefit, once you have mastered them yourself.

This book is aimed at helping you hone up your recall system. If you have the same problems that I had or feel that you could better your chances in life by acquiring a sharp memory, you must try to implement the ideas given in this book. But if you are one of those who buy a book on self-improvement and take it home with great enthusiasm, only to decorate the bookshelf, let me tell you something important—the secret to any skill is the continuous use and practice. I suggest that you apply the techniques on a regular basis and you are sure to realise the difference within four to six months.

Tanushree Podder



Excerpts:Chap. 3. How to Improve Memory

Attempts to improve memory are not new. For centuries, man has been trying out ways and means to improve his memory because he has realised the importance of having a good memory. Mnemonics, a method still used for efficient memory, was devised by the Greeks a long long time ago.

One thing that needs to be mentioned here is that there are no quick fix methods available for improving memory. These methods have to be practised with sincerity and regularity in order to apply them effectively. Just as with any self-improvement process, memory improvement needs consistent efforts and takes a little time to make an impact. So, don't expect overnight results or you will be disappointed!

Memory Improvement Techniques

## About Pustakmahal Publishers

**Pustak Mahal** publishes an extensive range of books that are both affordable and high-quality.