

How to Improve Your Memory



Image courtesy of Stuart Miles / FreeDigitalPhotos.net

Reading

Have you ever had a problem remembering names, phone numbers, or other facts?

1. Mark began to introduce the guest speaker to the audience, but then paused in horror. He had forgotten the name.
2. Barbara hid her jewelry when she went on vacation. When she came back, she couldn't remember where she'd put it.

Perhaps you have experiences like these. Most people have. And, what's worse, most people have resigned themselves to a life of forgetting. They're unaware of a simple but important fact: Memory can be improved. Here's how to improve your memory:

First, relax. If you are overanxious about remembering something, you'll forget it. And avoid being negative. If you keep telling yourself that your memory is bad, your mind will come to believe it and you won't remember things. When you forget something, don't follow up with remarks like "Gee, I need to have my brain rewired." A joke like this is negative and will have a negative effect on you and your memory. But relaxing isn't enough. To improve your memory, you'll need to take an active role. Like your body, your memory can be strengthened through exercise. Look for opportunities to

こちらはサンプルです。テキスト全文は受講時に担当講師よりお受け取りください。

You can see the whole lesson from your teacher, please ask them to send it to you before the class.