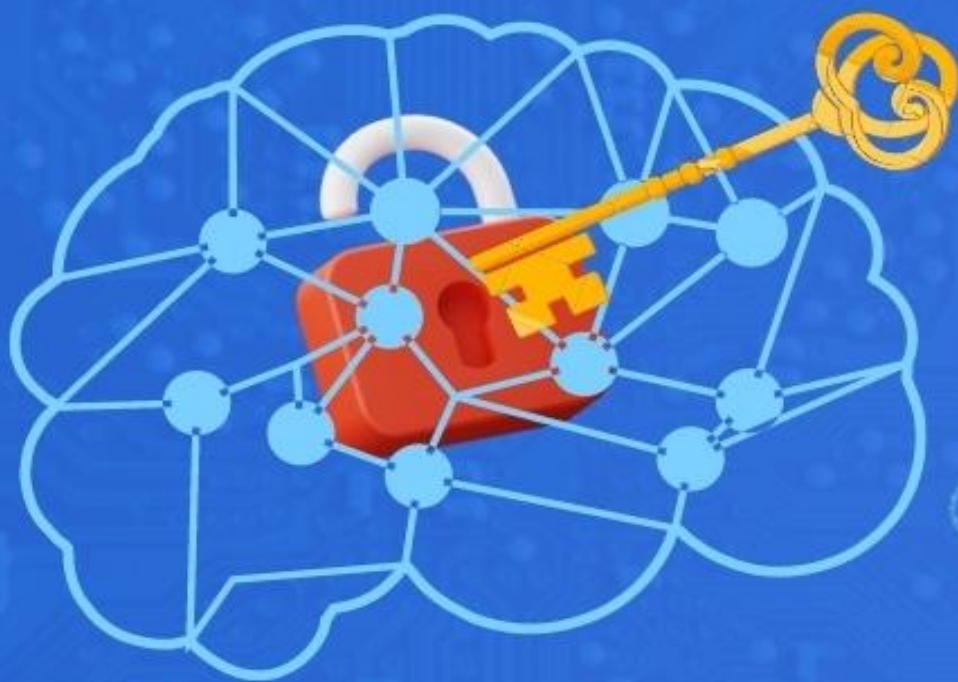


Written By **GEORGE EDEH (MD)**



UNLOCK YOUR PHOTOGRAPHIC MEMORY

BY **GEORGE EDEH (MD)**

Unlock Your Photographic Memory

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*I dedicate this to the wife of my youth,
Chioma and my lovely son. Your presence in
my life continually gives me reasons to do
what I do best. ❤️*

ABOUT THE AUTHOR



_Dr. GEORGE EDEH is a foreign-based medical doctor. He is the **best-graduating student** from the medical college of University of Nigeria, Nsukka in 2014. Before he got into medical school he was just an average kid struggling to pass exams. However, something changed when he discovered the secrets he outlined in this book.

He is a self-taught web and app developer which led him to apply his ideas to develop a memory training app as well as a video course. Over 1000 students have been trained to improve their memory through his books, courses and games.

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Chapter 3: BASICS OF MEMORY

What is memory?

Memory is your ability to remember things. Your Brain works like a recorder. Everything you come across on a daily basis is stored in your memory for future use. Examples - books, faces, images, music, even emotions are all saved in your memory.

How does it work?

Memory is one of the major functions of your brain. New brain cell channels are formed anytime you process new info. These channels get stronger when you are re-exposed to the same info again.

Where is memory stored?

Memory is stored in the **Hippocampus**. It's the part of your brain you use while studying (in the campus 😊).

Types of memory?

It can be **short-term, intermediate-term or long-term** memory. This depends on the duration of information in your brain. If it stays for *few minutes* it's short-term memory; within hrs to *few days* it's intermediate-term memory; within *weeks to months to lifetime* is long-term memory.

Why do you forget?

You forget things because it was only temporarily saved in your short-term memory. For you to remember things forever, it must move from your short-term to your long-term

memory. I will teach you how to do this effectively.

What is “photographic memory” ?

Photographic memory is the ability to remember things the way you read it. Its almost like a cameraman who takes a digital picture and prints out the same picture exactly. With this type of memory *you can read once and remember everything word for word; page by page.* **What if I tell you that you could be that person who read anything and remembers it word for word?**

What is my brain capacity?

Science has shown that *an average person uses only about 10% of their brain capacity.* That is too low for you because there is so much room for improvement. I will show you

how to harness the power of the other 90% and ultimately unlock your hidden genius.

What are the benefits of memory training?

1. **Improved Academic Achievements-** I have already proven to you through my own experience that you achieve more with a trained memory. Great academics automatically begets a great career in your chosen field. Imagine you graduate with a first class or second class upper and get a scholarship to do masters degree in United States of America or the United Kingdom. Your life will change forever.
2. **Improved Relationships/Friendships-** I recall one beautiful song titled “7 years” by **Lukas Graham**. A part of the lyrics goes thus “*once I was 20 years old my mama told me... go make yourself some*

friends or you'll be lonely...". A trained memory makes studying effortless hence you will succeed academically and still have ample time for all social activities.

3. **Improved Game Performance-** if you play word games or chess, you will quickly find out that one of the major determining factors of a great player is your ability to remember the steps of the game. Also you require a great imagination to predict possible outcomes from each move you make and that can only come from memory training. You can play with your friends and they will never know why you keep beating them is because you have a good memory.
4. **Raising Smart Kids-** when you learn this, you can start training your kids from a very young age to remember things easily. Raising smart prodigious kids is not rocket science. You start early to

mould them into what you would like them to be. It's not about forcing them to sit down and read rather you make it so interesting that they would want to read just to exercise their mind.

5. **Aging Gracefully-** alot of people leave less to be desired when they get old. It's as if they start losing most parts of themselves. They start forgetting common things like car keys, phones etc. Eventually they start to forget the really important things as well. They forget names/faces of their family members. They even forget the location of delicate documents, properties and bank details. On the other hand there are elderly people who are the acute opposite. They remember everything like it happened just yesterday. These set of people trained their memory consciously or unconsciously that's why they are this good.

6. **Neurological Diseases-** like I highlighted above dementia is less likely to occur in individuals with a trained memory. There is also research evidence pointing to reduced chances of strokes and other Neurological issues.
7. **Motivation-** when you know that something works, you are much more likely to apply yourself in it than when it's unpredictable. The problem with the way people learn is that it leaves everything to chance. So you must learn to use what I teach here. Once you know that you can remember anything you read, you are much more likely to be interested in reading.
8. **Overcoming Depression-** medical research has proven that overcoming mood disorders like depression has a cordial correlation with the strength of your imagination. This is because a part of the treatment is called "**Cognitive**

Behavioural Therapy “ in which they basically teach the patient coping mechanisms. A trained memory will keep you positive and happy with a beautiful fulfilled life.

Chapter 4: SIMPLE MEMORY TECHNIQUES

There are three(3) techniques I found out that almost everyone uses. Although they work, they are not as effective as the ***Advanced Memorization Techniques*** which I will teach you later. I will also teach you how to do these basic ones in a smarter way. Someone defines madness as doing the same thing multiple times but expecting different results.

So here are the common techniques you are probably already applying:

1. Rote

2. Repetition

3. Mnemonics

ROTE

Rote learning is the process by which information is “effortlessly” remembered. This method helped you learn alphabets and numbers when you were a kid. However, as an adult, depending on rote to “just” remember any new information leaves a lot to chance, Funny enough, this is how many people study and yet they wonder why they scratch their heads for answers in the exam hall....

STOP HERE!

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