



story ?

smartest man

remembering everything

expert expert

memory palace

by @drBakker

largely marketeer  
 10% more effective for memory  
 mindmaps  
 tony buzan

savant??  
 daniel tammet

EP forgets everything after 5 min  
 without a memory, does time exist?  
 monotony collapses it  
 novelty unfolds it  
 time  
 forgetful man

kim peek  
 rainman

wins  
 joshua enters US championship  
 1yr of practice  
 quits

who? can't really find

journalist  
 joshua foer  
 starts search  
 asks how?

watches US championship  
 memory

forgetting  
 ebbinghaus  
 1hr = -50%  
 1day = -10%  
 1month = -14%

london cabbies  
 remember streets  
 measurable niger brains

mental athletes  
 same brains  
 ordinary intellect  
 not smarter  
 different circuitry

names  
 associate sound  
 with clear image  
 baker/Baker paradox  
 baker = image  
 Baker = not image

Ed becomes his coach

chicken sexing  
 train years  
 can't describe method

experienced police  
 notices lingering man

short term memory test  
 7 +/- 2

chunking  
 increase item size  
 HEADSHOULDERSKNEESTOES

memory = context

ancestors need memory  
 food  
 way home

latin books on memory

artificial memory  
 images  
 memorable  
 sex jokes

places  
 know them well

= memory palace  
 walk through it  
 place items in it

major system

0=S  
 1=T or D  
 2=N  
 3=M  
 4=R  
 5=L  
 6=Sh or Ch  
 7=K or G  
 8=F or V  
 9=P or B

remembering numbers 19

MN 32  
 MAN  
 TB 19  
 TUBA  
 man playing tuba

person  
 action  
 object  
 PAO

longer numbers 2014

superman flying with cape 79  
 beckham kicking football 13  
 sinatra crying into microphone 34  
 sinatra kicking cape 34-13-79

learning

new strategies  
 cognitive stage

fewer errors  
 associative stage

auto-pilot  
 autonomous stage

important  
 how learning

less important  
 time learning

'good enough'

learn to fail  
 let expert beat you

mile run  
 memory  
 etc

plateaus can be broken

overcoming  
 OK plateau