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How To Make An Awesome Mind Palace: A Crash Course To A Better Memory



Synopsis

This is a short 8-page crash course on the basics of how to make a mind palace. **DISCLAIMER:** I am a former student of psychology from Northwestern University, and I have successfully used the mind palace to improve my memory greatly. All of the techniques that I discuss here are accurately based in mainstream psychology, but of course I cannot guarantee that they will definitely work for every person. This is a short summary of basic techniques, not an authoritative report or treatise. I am not a doctor or a professional psychologist. I am someone who is especially knowledgeable of mind palaces through academic studies and personal experience.

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Customer Reviews

You better have read something about a mind palace before you arrive here. This is a broad example of a personal mind palace. The only credit for the 1 star would be the creativity of the author's personal palace. He showed color and creativity, however if he has never walked into this "mind created" place he calls a palace (as opposed to a home, personally experienced room, etc.) it might be hard to recall years later. We can always recall the home we grew up in, right? Ten minute read.

If I ever get around to setting up a mind palace, this will be stored in the basement bathroom's toilet that is never cleaned but used frequently. No instructions are included for setting one up, though, just vague examples and self-congratulatory rehashing of details from the vague examples. The only good thing to be said about this is that it's very short. Save yourself the 99¢ and just do a websearch.

There are a few good notes and ideas in this book that you will want to remember while creating a mind palace. It's not an advanced course or anything, but I also don't necessarily think it is the best starting point for this subject. For that, I believe Lewis Smile's Book on the subject is probably a better foundation. After you get a foundation, read this booklet for dos and don'ts

I can recommend this book without qualification. I have been buying books on memorization skills for the last few months, and have been surprised at how few there are. The memory Palace technique is one that has apparently been around for a very long time. This book teaches some useful techniques for memorizing information that you may want to present. In my line of work, in a law firm, I often need to present arguments in a persuasive and powerful way, but also in the right order. The memory Palace technique is very helpful for that. This book gives some additional tips and ideas for constructing the so-called memory Palace. In conjunction with other books, it's very useful. I could also recommend a new book called moonwalking with Einstein, which is the same concept. That book, which I purchased locally in hard copy form, is about a writer who decided to enter a memory competition. It's got lots of useful information. I would deftly recommend buying that and this one together for a more complete picture.

"How to Make an Awesome Mind Palace" is insightful, inspiring, and effective. I found myself already starting to organize and recall my memories just in following along with the examples used by the author. As a very visual person, I am excited to be practicing an imaginative and creative method and can already feel my memory improving!

Simply unforgettable! Since reading his "Little Book of Giant Puns", I have become something of a Branfman devotee. It was immediately clear that he was a major up-and-coming talent. Therefore, I had high expectations for Branfman's sophomore effort. He did not disappoint. "How to Make an Awesome Palace" may be a short read, but it is not an insubstantial one. Its concision is a strength. Not only is it enjoyably well-written (would we expect anything less from such a wordsmith?), but the

book introduces an important psychological concept in an accessible manner without requiring a major time commitment on the part of the reader. I look forward to applying the concepts in this book in both my personal and professional life.

Thought this was very creative, and I'm used to visualization, and thought of something like this before, but the author really gets into detail about how to organize your mind and remember events in your life.

I'm a medical student who's forced to remember a lot of straight facts in a short period of time. Working in a hospital now, the attending physician asks to me tell him all about my patient from memory...this seems daunting at first, but using Ben Branfman's wisdom, I painted an image of an aquarium into my head and keep adding onto it. I swear this feels like cheating the mind!!! It makes total sense---definitely worth the purchase. Wish I'd known about this in high school and college because I probably would've had 4.0's with the Mind Palace strategy!

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