

Worry Clinic

(From page 2)

in which he jotted them down, and then rehearsed them just before he visited a city a second time. That is smart psychology.

The real secret of a good memory is simply good LEARNING, for your brain will retain impressions for almost a lifetime if they are clearly impressed thereon in the original learning situation.

How To Remember Names

When you are introduced to a stranger, therefore, be sure you obtain a clearcut sensory impression of the name. A mumbled or indistinctly understood name, is like a poorly exposed camera film.

You can never get a good reproduction later if you do not get the proper original exposure on your camera film. In like manner, you must not expect your brain to give you a clear memory reproduction later if you have a hazy or fuzzy original impression.

Futhermore, if you can obtain a double sensory impression, you thus increase your likelihood of remembering. For example, if you can visualize or see the name in addition to hearing it, you thus involve the eye as well as the ear.

Then be sure the new impression as soon as possible, for muscular activity helps "etch" the memory more deeply. Write the name down in a little book, for instance, or use it quickly by introducing the stranger to somebody else.

"I'm glad to meet you," is thus of no help in developing your memory, for you failed to mention the name of the stranger.

"I'm glad to meet you, Mr. Brown," gets the name into action. And you can quickly repeat the process by saying, "Miss Smith, may I introduce Mr. Brown?"

Make Many Associations

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Since items are filed away in our memory much as in an office file, try to cross-index your memory.

This means you should try to link the new name with

many ideas. For example, consciously associate "Mr. Brown" with the color brown, or brown autumn leaves. Or link it to (Turn to page 8)



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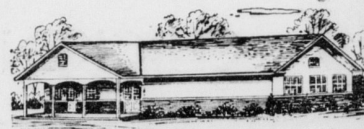
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