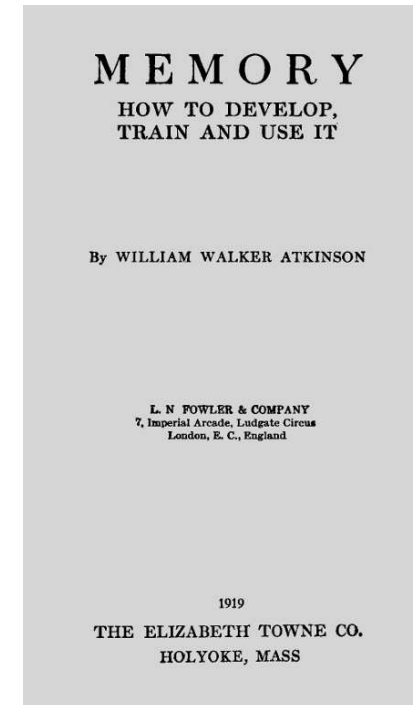


# Memory: How To Develop, Train And Use It William Walker Atkinson

Read by: Roger Melin  
Dedicated Proof-Listener: Laura Victoria  
Meta-Coordinator/Cataloging: Sarah Jennings

- 01 – Memory: Its Importance – 00:14:10
- 02 – Cultivation of the Memory – 00:13:49
- 03 – Celebrated Cases of Memory – 00:13:44
- 04 – Memory Systems – 00:14:41
- 05 – The Subconscious Record-File – 00:13:28
- 06 – Attention – 00:16:12
- 07 – Association – 00:15:15
- 08 – Phases of Memory – 00:12:04
- 09 – Training the Eye – 00:15:38
- 10 – Training the Ear – 00:13:30
- 11 – How To Remember Names – 00:13:37
- 12 – How To Remember Faces – 00:13:02
- 13 – How To Remember Places – 00:14:16
- 14 – How To Remember Numbers – 00:18:17
- 15 – How To Remember Music – 00:11:11
- 16 – How To Remember Occurrences – 00:11:10
- 17 – How To Remember Facts – 00:13:50
- 18 – How To Remember Words, etc. – 00:11:00
- 19 – How To Remember Books, Plays, Tales, etc. – 00:15:13
- 20 – General Instructions – 00:13:16

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home page: <http://www.aczoom.com/tools/cdinsert/>

Instructions:

1. Cut out the cover insert, on page 1, around the outer perimeter. Do not cut along the center.
2. Fold the cover insert in half, with the text on the outside.
3. Insert the cover insert in the CD case cover.
4. Cut out the tray insert, on page 2, around the outer perimeter.
5. The right-most long narrow title "tab", on the tray insert, is for CD case with a transparent tray. Remove this "tab" if the CD case has an opaque tray.
6. Fold the left and right long narrow title "tabs" to a 90 degree angle, away from the main tray cover portion. If the right-most "tab" is retained for a transparent tray, fold that "tab" 90 degrees again, away from the title "tab" next to it. The text should appear around the exterior of the folded cover, not the interior.
7. Remove the tray from the case.
8. Place the tray insert in the case.
9. Insert the tray, being careful that the title tabs are flat against the case.
10. Please appropriately discard this portion and the scrap bits of paper.

## Memory: How To Develop, Train And Use It William Walker Atkinson

Memory: How To Develop, Train And Use It

Memory: How To Develop, Train And Use It

An in-depth series of chapters devoted to the use of our memory system; as the title suggests, how to develop our memory system, how to train it to improve it, and how to make the best use of it in our everyday lives, and to improve our positions in life. This is not intended to be a series of chapters to impress friends and colleagues, nor to play 'tricks' on others, rather it is for the betterment of individuals in whatever walk of life in which they may be involved by training and using their memory toward that end. (Summary by Roger Melin)

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Author.....: William Walker Atkinson

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Chapters.: 20

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