

# Memory Training

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Memory training - Never Again Be Embarrassed For Forgetting An Old Friend's Name.

If you spend time on memory training to train your brain and improve your memory, then you will be better able to remember old friends.

So you're walking down the street of your old hometown. You have high anticipations because you're going to see long-lost friends and relatives, and then it happens. Someone vaguely familiar to you walks up and begins a conversation by using your name. They speak as though the two of you have been best friends since childhood, but you can't remember their name to save your life.

It's always incredibly embarrassing when you are eventually forced to admit that you can't remember their name, or even a good deal about them in general and they always look so hurt.

The hardest part is when you have forgotten them and the guilt that comes along with it. You didn't do it on purpose, you just had a memory lapse. Fret not wayward worrier, because there are ways to improve your memory. They all fall under a blanket term called memory training. There are a variety of ways to help you to strengthen your long term memory and teach you different ways to commit small amounts of information.

Practice in improving memory.

As your body needs to maintain physical fitness and overall health, your brain needs it as well. Now you can't go and jog for twenty minutes and expect to be able to remember things more accurately. Having a healthy body is helpful, but there are also specific training techniques that will improve your memory.

Your training can be facilitated by daily actions you can take. First, just keep your brain active, this means think about things as opposed to sitting there like a lump on a log. You can and should let your mind go out of focus and use your imagination. If you spend time to train your brain and increase your memory, you will be better able to create new fantasies and be able to remember them.

You can also engage in little things like doing crossword puzzles or putting a puzzle together without looking at the box. Even video games made for your memory training are available. They are priced fairly reasonably, about \$30, and are known to be difficult. Included is an array of quizzes, tests, and many exercises that have time limits.

Training your memory is much like getting into shape so if you're feeling a little overwhelmed by it all it will pass. Memory training will pay off in the long run, despite the initial pain.

