Boost Your Brainpower

by
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Publisher's Note

V&S Publishers has always believed in the dictum that an apple a day doesn't just keep the doctor away, it can also improve memory. It truthfully agrees with the principle that from eating the right foods to knowing the right exercises, training your mind to become sharp isn't always about textbooks and tests. With this practical guide, you can improve your IQ in no time! Through various chapters the book explains many ways by which one can develop one's brainpower, observation, concentration, reasoning and analyzing powers. At the end of each chapter, there is a brief paragraph named Advice that guides the readers about how to read the chapters, the salient features of the chapter and how it will practically help in improving and sharpening one's memory.

The aim basically is to keep a note of the developments and transformations in the reader's mind, behavioural patterns and his entire personality as he proceeds reading one after another chapters. The author has kept the chapters precise and interesting.

V&S Publishers hopes that every reader would find the book useful in meeting the purpose for which it has been created in the first place.

Contents

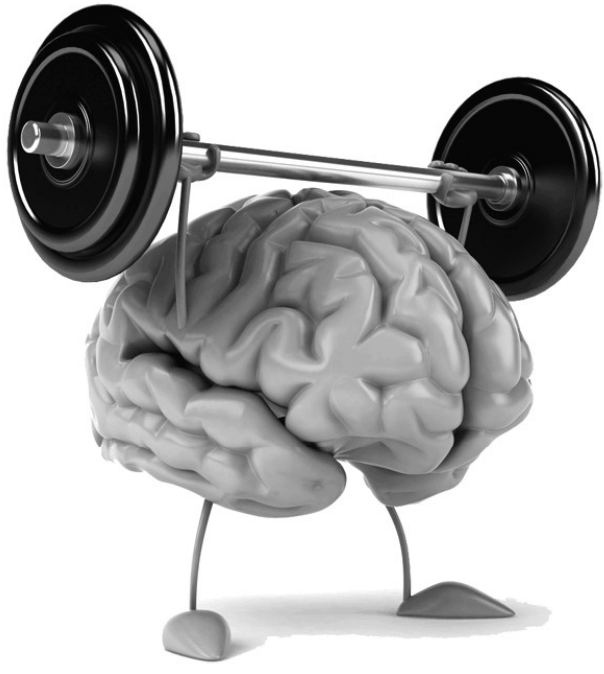
Introduction.....*3*

Know Your Mind 7
Prepare Yourself for the Memory Improvement Program 13
Observation, Reasoning and Analysis.....15
Develop Good Learning.....17
Develop Your Observation Power Part - I 22
Develop Your Observation Power Part - II 24
Practice Session - I.....25
Develop Your Observation Power Part - III.....28
Develop Your Observation Power Part - IV.....30
Develop your Imagination Part - I 32
Develop your Imagination Part - II 37
Improve Your Decision-Making Power 39
Improve Your Concentration Part - I.....43
Improve Your ConcentrationPart - II 46
Practice Session - II 49
What is Memory?.....53
How to Overcome 'Forgetting'? 58
Improve Your Memory Part - I 66
Improve Your Memory Part - II 71
Code Language 73

DAY 1

Know Your Mind

To begin with the improvement of your memory power, first it is important to know the power of your mind and what all it can do for you. What capacity and strength you already possess and how you can develop it further for much greater achievements. In this chapter, we will discuss the working system of the mind only and not its hardware, that is the brain, or its mechanical setup. It is not of much relevance here.



Human mind is like a rubber-band. The more you use it or the more you stretch it, the sharper and the more capable it becomes to store and analyse greater amounts of information. On the other hand, if you do not use it

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or let it just idle away, then it becomes highly frustrated, demotivated and useless for ever. And the situation gets worse with the increase in age. Gradually, the thinking, the storing and the analytical abilities subside making the person confused, mentally sick and a liability for all.

The mind has to be trained on a continuous basis to keep it active and in a good working condition so that it keeps delivering the way we want it to. Positive thoughts and new ideas is the ideal food for it. In this way, it remains happy and also keeps the whole functioning of the body at optimum levels.

A positive attitude develops from a strong belief in yourself, your capabilities and your past experiences. Aging of your brain depends directly on your attitude as well as the way of your thinking in day-to-day life. If you remain happy and tension-free for most of your life, then your brain will be more young and healthy even in the older stages of your life. Hence, your mental energies will function like a young adult. It means thinking more clearly, learning and recalling faster, always.

A promise is required from you to yourself today. A dedicated and serious effort from your side is to be applied to the methods suggested in this book. No stress or any kind of worries is required at all. Good results can be obtained only when calmness and patience is observed. Though results will vary from person to person, hence, there should be no competition or copying. You can always improve with another try one after the other, if need be. You will have to put in more efforts with your understanding and as per the improvement of your memory.

Our mind is a genius in its own way. But it is highly underutilised. Not more than ten percent of the mind is used even by the most successful people in the world. Just think if you can increase the working capacity of your mind even by a few percentages only, then it can change your life tremendously. This book will guide you in this direction. Read it, understand it and then apply the techniques as per your own convenience and capacity. Again, I am repeating, please do not compete or copy any other person. Just be yourself, and the world will be yours very soon.

This world has witnessed a great number of intellectuals since time immemorial. There have been great scientists, scholars, mathematicians, artists, saints, spiritual gurus and the like who have harnessed their mind power to such an extent that they could deliver their services, wisdom, inventions and discoveries for the betterment of mankind. Some of them are Newton, Albert Einstein, Graham Bell, John F.Hopkins, Shakuntala Devi, Deepak Chopra and many others. The list is endless.

Exercising and practising on a continuous basis is required to keep the body and the mind fit. As a good and balanced diet with a regular workout is required to keep the body fit, similarly, feeding good, new and positive ideas from time to time are compulsory to keep the mind in optimum health. Physical exercises helps to keep the blood vessels in good condition, lowers cholesterol levels and opens-up blocked arteries as well. This further ensures regular supply of blood and oxygen to the brain. Hence better functioning of the mind.

Human mind is the most complex and the known most capable organ amongst all of the living entities. Mental exercises like playing games, solving puzzles, riddles and mathematical problems are considered good for keeping the mind healthy and active. When the mind is healthy then only it is wise and advisable to undertake any such activity, or schedule a program to enhance the memory power, so that it may not exert any kind of extra pressure on your mind and refrain you from taking due advantage of the memory enhancement program.



Make a fresh, new beginning in your life from today with great courage and motivation. This attitude will help you erase all your previous bitter experiences and memories. These could have become a potential deterrent in your new learning and during this Memory Enhancement Program.

Now, close your eyes, concentrate and visualise on what you wish to become in future. Do you wish to excel in your studies and be the most brilliant student, or you wish to be the best employee in your company? You may also be willing to be a topper in the Civil Services Examination or looking forward to a rewarding career in sales and marketing. The choices could be many as the choice is yours. This step – visualisation – is very important. Only then the techniques will work for you and give you the desired results.

Memory can be divided into two parts – short-term memory and long-term memory. Short-term memory records each and every thing that it comes across but for a short duration only. It can be momentary like remembering the story and its characters in a movie or a drama.

Long term Memory occurs in two ways. First, on its own, like a fearsome event that flashes across the mind later on and troubles all of us; the beauty and charm of a person which attracted us immensely and sometimes takes us back to that moment; the wonderful taste of a dish which we relished very much that it ticks us every time we come across good delicious food; a picnic spot, a waterfall or some other scenic beauty which had touched our heart, now flashed again while watching television, and so on. Second, when we deliberately repeat and rehearse our syllabus by reading or writing any text, speech, acts or songs, etc.

Functioning of the human mind can be divided into two parts which works simultaneously, the conscious mind and the subconscious mind. The subconscious mind keeps working even when we are asleep whereas the conscious mind somewhat comes to a rest. The subconscious mind controls the thought process of a person, his positive and negative emotions, his happiness and fears, analytical and learning abilities, etc. Hence, it becomes important for us to check every now and then what all is being fed to the mind. Because it itself cannot differentiate between the good and the bad. The subconscious mind will churn out the results only according to the data being supplied to it. And, accordingly it will also be responsible for the mood and emotions of the person.

It is a general known fact that our body or even a mechanical device starts to perform better whenever it is given a break or a rest in its working. The same is applicable to our mind as well. We generally feel refreshed and recharged after a good sound sleep. It happens because we had subjected our body and the conscious mind to rest for a few hours. This kind of sleep is more restful if taken during the night in complete darkness and silence. But as we wake up everything starts working automatically again. This is

what we know as the recording and storing by the conscious mind.

Sleeping is a natural phenomenon undertaken by every human being where the body and the conscious mind are subjected to rest. And, that is why they remain in optimum health also. Night is the best time to sleep as our bodies are more attuned to work and rest according to the natural system of sunrise and sunset.

But what about the subconscious mind which has not been given rest for even a moment since our birth? And it is the subconscious mind that directly controls the analysis, the learning and the remembering processes. Proper nourishment, adequate rest and regular exercising are the keys to maintain a good health. Hence, it is our duty to give our subconscious mind good nourishment, necessary rest and exercises to enhance its capacity which in turn will improve your memory.

Nourishment

Nourishment to the mind can be provided in three ways. One, is by eating a balanced diet comprising the required vitamins, minerals, amino acids and other nutrients on a regular basis. Second, is to increase the supply of oxygen in the blood going towards the brain by doing some physical activities like walking or using a bicycle to a nearby grocery store, often using the stairs instead of the lift or by helping your elders in doing some household chores. Third, is to keep meeting positive minded and successful people and discussing with them their success stories, and also by attending other motivational seminars and events.

Rest and Relaxation

Rest and relaxation to the conscious mind is controllable and can be provided in numerous ways like cutting off from one activity and switching over to the other for a few minutes, sleeping or napping, playing, watching TV, switching between subjects, bathing, brisk walking in a nearby park, walking barefoot on moist green grass early morning or stretching exercises, fishing, gardening, etc.

On the other hand, our subconscious mind is uncontrollable and its workings cannot be stopped. But, by practising meditation on a daily basis its working can be slowed down to some extent. And gradually to a greater extent thereby giving our subconscious mind the much needed relaxation and rest, though for a few minutes only. Such kind of rest to the mind multiplies its capacity of working, learning and remembering in due course of time. Besides, there is another big benefit of meditation also. During