

MEMORY POWER

*If I could only
remember ...*



**How to Remember
What's-his-name
and other
important stuff**

Iowa State Association of Counties

Thursday, January 21, 2016
West Des Moines Marriott
West Des Moines, Iowa

Paul Mellor
Presenter

1. _____

13. _____

2. _____

14. _____

3. _____

15. _____

4. _____

16. _____

5. _____

17. _____

6. _____

18. _____

7. _____

19. _____

8. _____

20. _____

9. _____

21. _____

10. _____

22. _____

11. _____

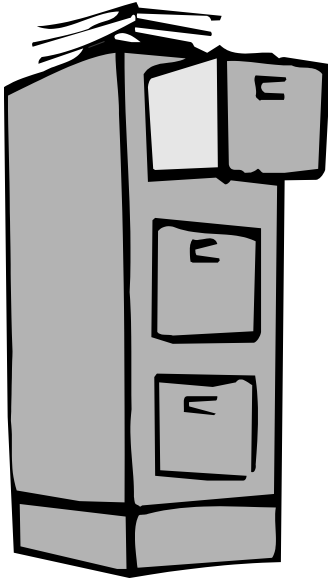
23. _____

12. _____

24. _____

25. _____

8:14 am



8:14 am



8:14 am



4:27 pm



WHICH REMINDS ME ...

EGG

└─┘
EGG SHELL ····→ SHELL MACARONI

└─┘ MACARONI & CHEESE ←└─┘
CHEESE PIZZA ····→ PIZZA HUT

└─┘ HUT 1, HUT 2, HUT 3 ←└─┘
3 MUSKETEERS BAR ····→ BARMAID

└─┘ MADE MY BED ←└─┘
BED POST ····→ POSTAGE STAMP

└─┘ STAMP OUT FIRE ←└─┘
FIRE FLY ····→ FLYBALL

└─┘ BALLROOM DANCING ←└─┘
DANCING GIRLS ····→ GIRLS & BOYS

BOYSENBERRY PIE ←└─┘

WHICH REMINDS ME ...

EGG

└─┘
_____ ⋯→ _____

└─┘ _____ ←└─┘
_____ ⋯→ _____

└─┘ _____ ←└─┘
_____ ⋯→ _____

└─┘ _____ ←└─┘
_____ ⋯→ _____

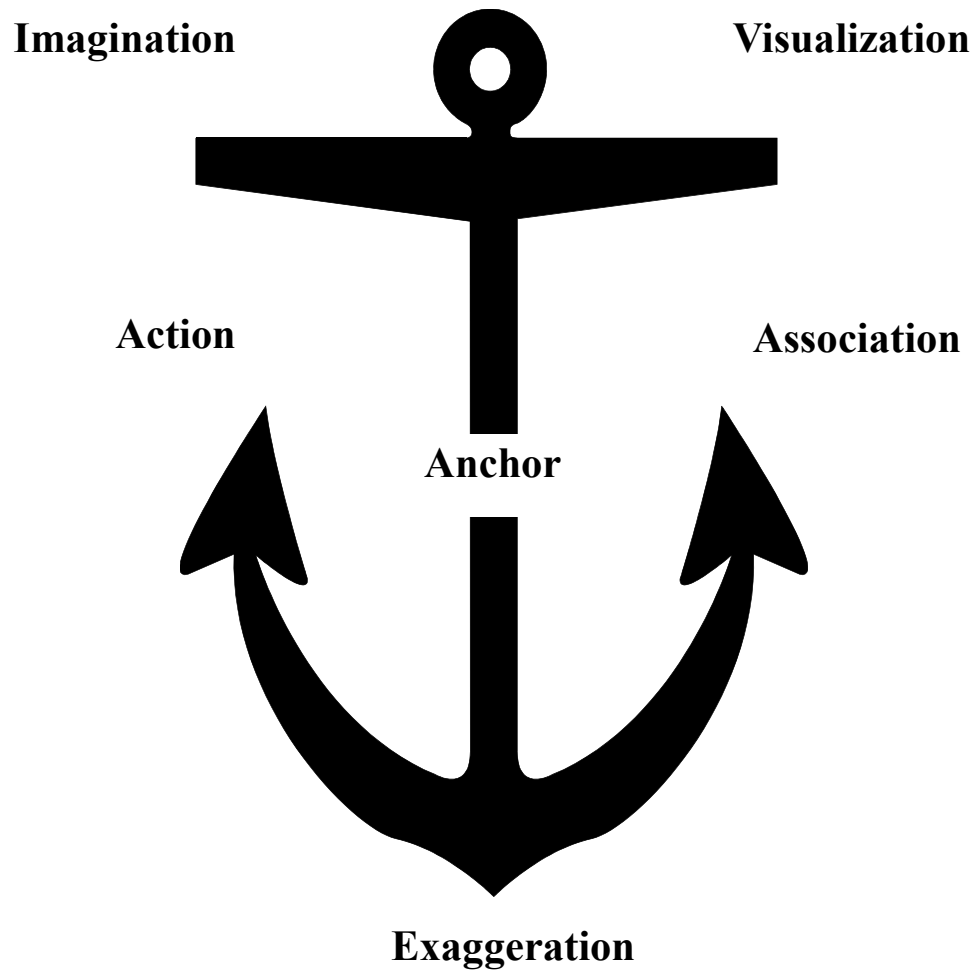
└─┘ _____ ←└─┘
_____ ⋯→ _____

└─┘ _____ ←└─┘
_____ ⋯→ _____

└─┘ _____ ←└─┘
_____ ⋯→ _____

BOYSENBERRY PIE ←└─┘

Components to a Mental Filing System



WHICH REMINDS ME...



















THE NAME GAME

- Get ready, here it comes
- Hey, look at me when I'm talking
- Hi, I'm Fptuith Mitwljht
- Throw it back
- I'm Rose, like the flower

WHAT'S IN A NAME?

Walter

Roxanne

Julie

Tony

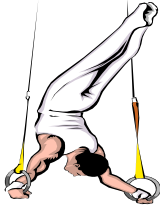
John

Sophie

Bill

Barbara

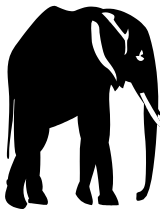
PICTURESQUE NAMES













GETTING TO THE SURFACE

- Color = Robert *Redford*,
- Brand Name = Burt *Reynolds* (Wrap),
- Place = Garth *Brooks*,
- Occupation = James *Taylor*,
- Object = Bill *Gates*,
- Animal = Michael J. *Fox*,
- Sounds Like = Henry *Aaron* (Iron),

Recap ...

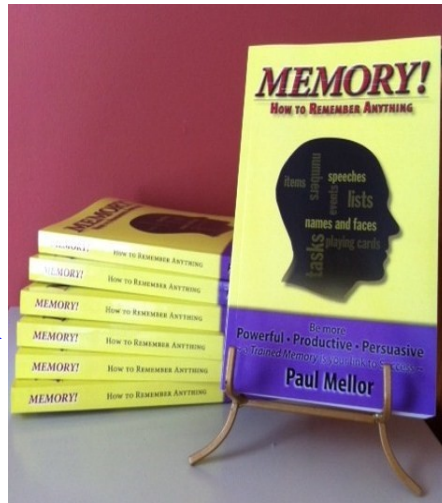
Please, I beg you ...

never ever,
attempt, try, strive, undertake,
make an effort, or take a crack at
remembering more than two (2)
things at a time.

Thank You

Improve Your Memory by ordering your copy of *MEMORY!*

Includes techniques
for remembering over
500 common first names



Answers
to 101 questions for
beating absent-
mindedness

MEMORY! is a must for anyone who has ever forgotten anything. You'll learn how to remember names and faces, facts and figures, and proven techniques for beating absent-mindedness.

You'll find answers to remembering numbers, speaking without notes, and amazing your friends by recalling the order of a shuffled deck of playing cards in less than 5 minutes.

You can improve your memory. *MEMORY!* shows you how.

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to: Paul Mellor, Success Links, 1405 Saint Joan Court, Richmond, VA 23236

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Price includes postage and handling.

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I've enclosed my Visa/MasterCard/Discover/AMEX # for \$23 to receive *MEMORY!*

Card Number _____ - _____ - _____ - _____ EXP. _____

NAME: _____

ADDRESS: _____

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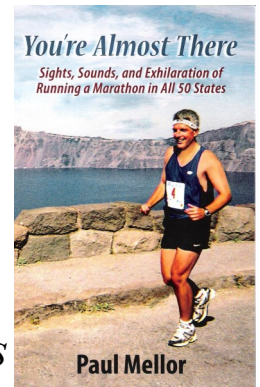
PHONE: _____

Thank You and Congratulations on taking that first step to improving your memory.

You're Almost There

~ remarkable stories of running a marathon
(26.2 miles) in all 50 states ~

17 years, over 1300 miles, and a lot of T-shirts



From the lava fields of Hawaii to the covered bridges of New England, *You're Almost There* is a remarkable 17-year journey of running a marathon in all 50 states, including the District of Columbia.

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or for those who yearn to see America

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