



How to Read a Book in a Day and Remember It

Pat Wyman

Part 2 Workbook. Speed Memory Techniques

Jamestown Regional Entrepreneur Center

Please print this workbook and use it during the workshop.

For the most powerful learning that aligns with your brain, it's best to take notes as you listen. Make notes in a picture format, adding words and when you review, act as if you will teach the information to someone else because it strengthens your memory.



Quick Recap Part I Workshop: Speed Reading Techniques

1. _____
2. _____
3. _____
4. _____
5. _____

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4 Sticky Memory Strategies to Remember What You Read

My brain learns best by using these two items together:



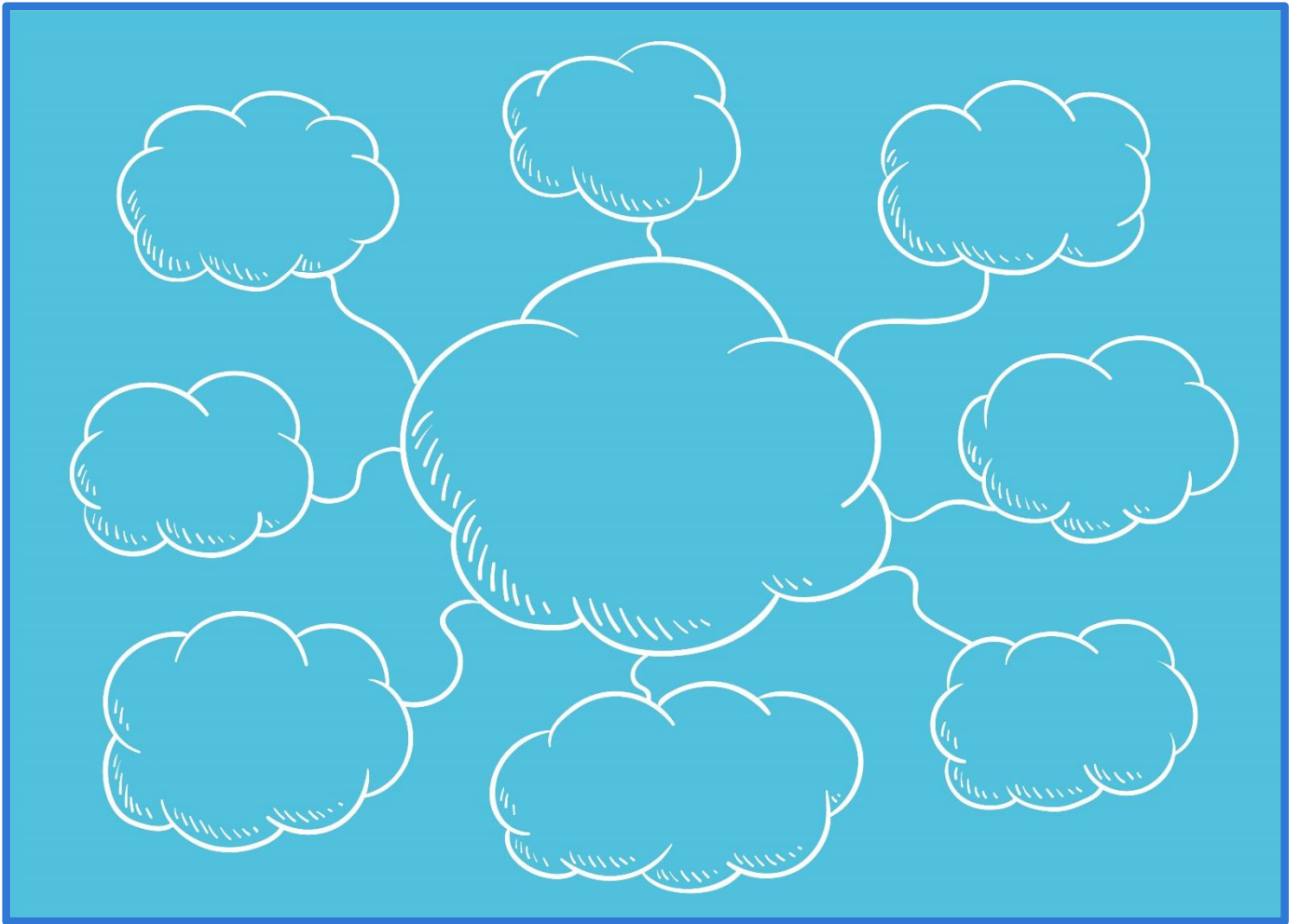
1. TIM

How:



2. Mind Maps





Benefits of MM



4. Number Shape

Recall items:

Name each item with NS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Item quiz:

3. _____

4. _____

7. _____

6. _____

9. _____

8. _____

1. _____

5. _____

2. _____

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Thank you for being here for both workshops and should you have questions or comments please email Pat Wyman at fasterlearning@gmail.com

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