Notes from Ted Talk on Memory.

<http://www.ted.com/talks/joshua_foer_feats_of_memory_anyone_can_do#t-1205064>

*Joshua Foer: Feats of memory anyone can do*

Technologies, computers, the Smartphone, and prior, books have made it progressively more easy to externalize our memories, for us to essentially outsource this fundamental human capacity.

Memory champions weren’t significantly smarter than the control (normal) people.

Memory champions were using were using the spatial memory and navigation part of the brain more than control (normal) people.

***Elaborative encoding*** - Baker/Baker paradox.

**The key to remembering is to take information that is lacking in context, in significance, and in meaning and transform it in some way to make it meaningful in your mind.**

*Associational hooks* in the ideas that make it easier to fish it out later.

(While we have difficulty remembering names and phone numbers,) We have really exceptional visual and spatial memories.

Ancient orators would memorize the topics (the outline) of what they wanted to say by making a weird, visual story for themselves. (The more bizarre, raunchy, smelly, the better.)

This is called the **Memory Palace** method. <https://litemind.com/memory-palace/> Also known as the method of loci (for the Latin word locus meaning place).

The term topic comes from *topoi* meaning "commonplaces," from topos meaning "place."

“In the first place” is the first point. It’s a place.

Great memories are learned.

The basics:

* We remember when we pay attention.
* We remember when we are deeply engaged.
* We remember when we can take a piece of information or experience and figure out why it is meaningful to us, why it is significant, why it is colorful. When we are able transform it in some way so that it makes sense in the light of all the other things floating around in our minds [existing knowledge matters]

You don’t have to use memory palaces. What memory palaces do is force us to a level of mindfulness we often don’t exercise.

Our lives are the sum of our memories. Don’t lose ourselves in our SmartPhones. Pay attention to the human being across from us. Process deeply. Remember to remember.

\*Using meaning to remember and remembering meaning\*