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Moonwalking with Einstein - Wikipedia

Moonwalking with Einstein Quotes Showing 1-30 of 179 “Monotony collapses time; novelty unfolds it. You can exercise daily and eat healthily and live a long life, while experiencing a short one. If you spend your life sitting in a cubicle and passing papers, one day is bound to blend unmemorably into

the next - and disappear.

Moonwalking with Einstein Quotes by Joshua Foer

Then, remembering an image like moonwalking with Einstein helped him to recall three cards in the right order, and he only needed to remember 17 such images to memorize the whole deck. When I first heard of someone memorizing a deck of cards, I thought, “I couldn’t do that.”

Training your brain for recall | Bill Gates

Moonwalking with Einstein tells the story of how Joshua Foer started from scratch and developed his memory to the point where he could not only participate in memory competitions the following year but set a new American record in speed cards. In the process, he also learned a lot about the history of memory.

Summary of Moonwalking with Einstein by Joshua Foer

N.B., Moonwalking With Einstein an enjoyable and accessible read but, for me, a quick three hour skim was enough. If this is your first ever book on memory, or you’re reading for entertainment, then pick up a copy (great adds would be Ericsson’s Peak and Duhigg’s Power of Habit).If you want to improve your memory, read e.g., Lorrayne’s Memory Book or Cicero’s Rhetorica ad Herennium.

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