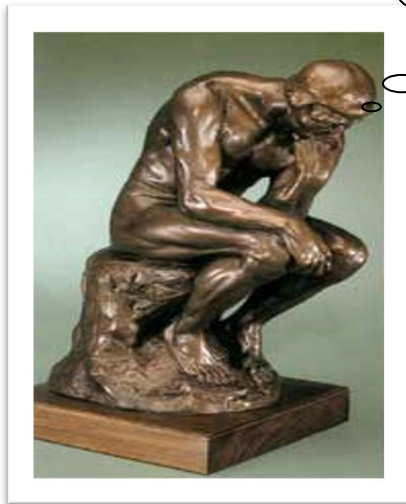


BRUSHING UP YOUR MEMORY

*If I could only
remember ...*



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

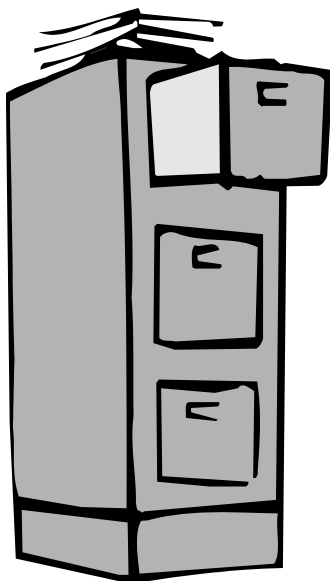
Michigan Dental Association

**Wednesday, April 27, 2022
Novi, Michigan**

Presenter

Paul Mellor

8:14 am



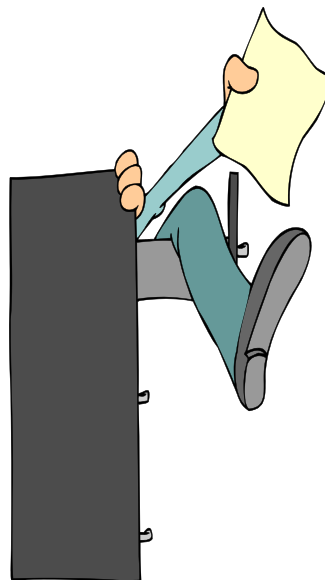
8:14 am



8:14 am

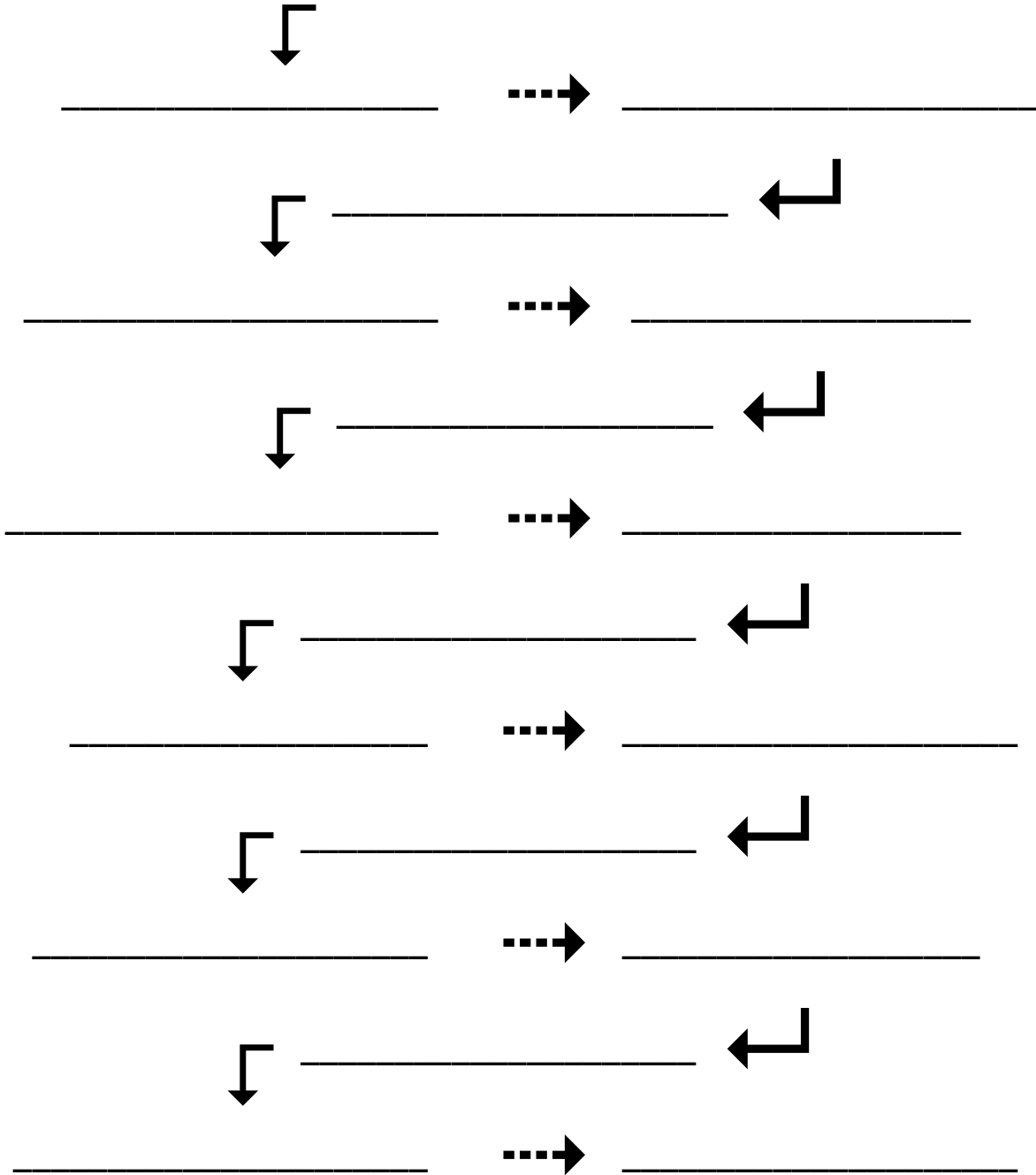


4:27 pm



WHICH REMINDS ME ...

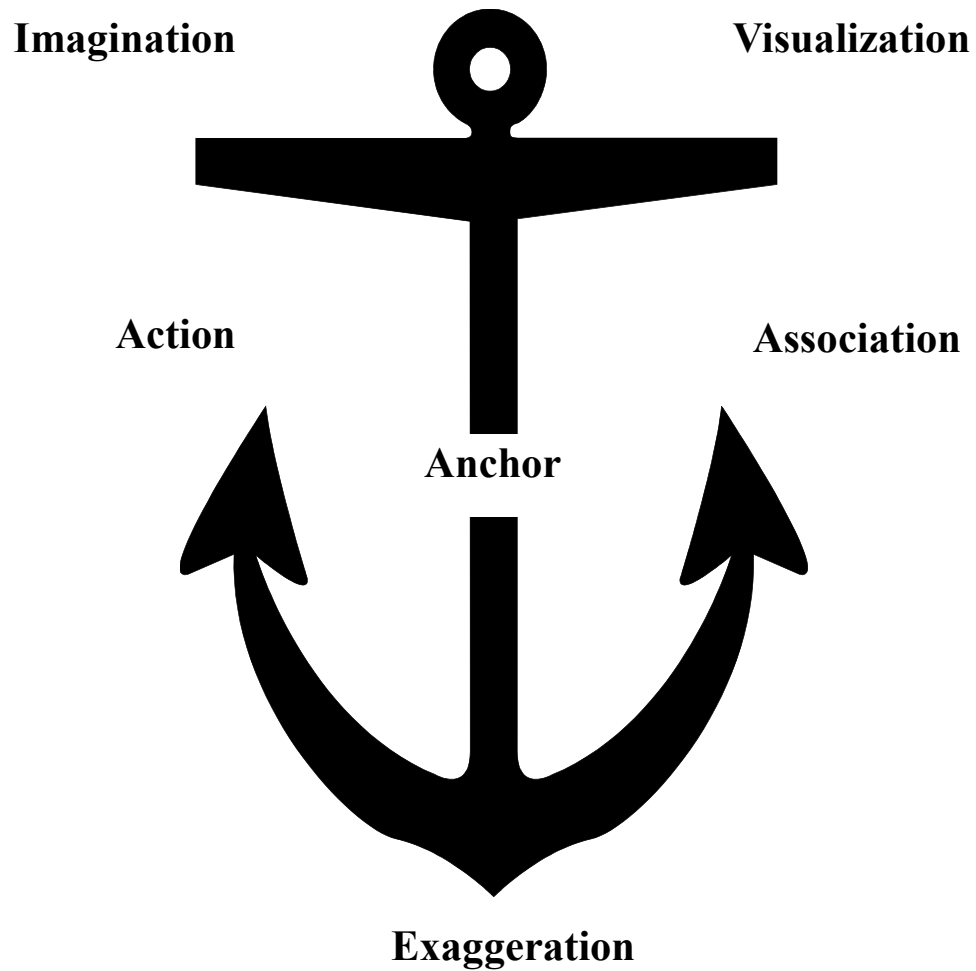
CEILING



HARDWOOD FLOOR

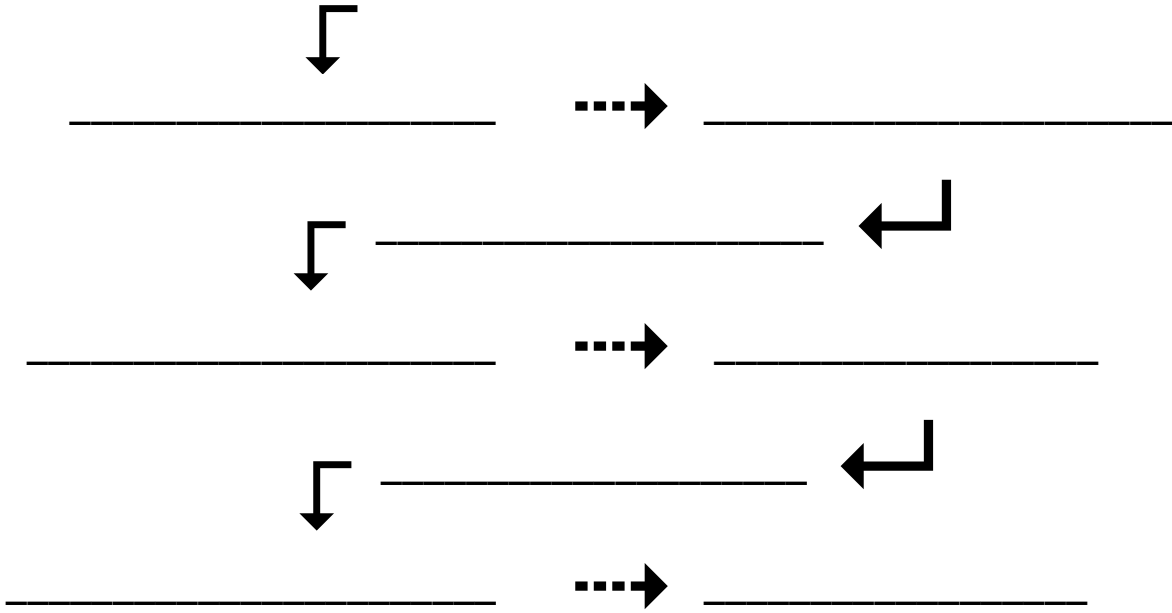


Components to a Mental Filing System

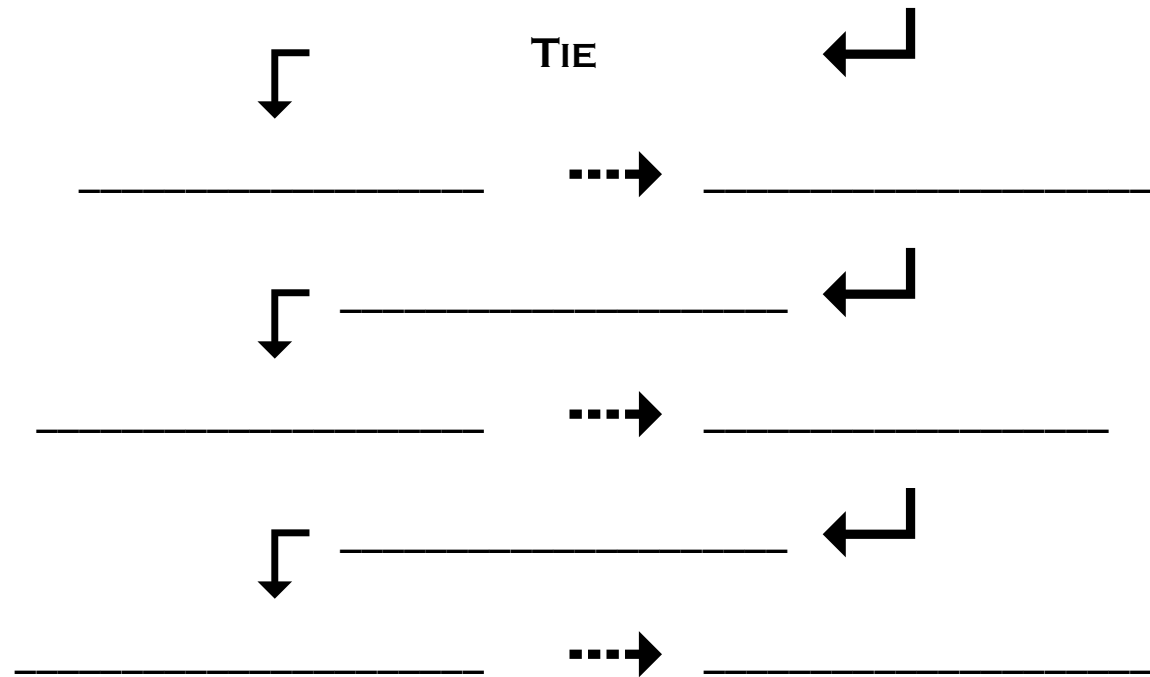


WHICH REMINDS ME ...

WASHING MACHINE



TIE



HAYSTACK



LOCATION, LOCATION, LOCATION ...



#1.

New Information (1)



2.

New Information (2)



#3.

New Information (3)



#4.

New Information (4)



#5.

New Information (5)



#6.

New Information (6)



#7.

New Information (7)



#8.

New Information (8)



#9.

New Information (9)

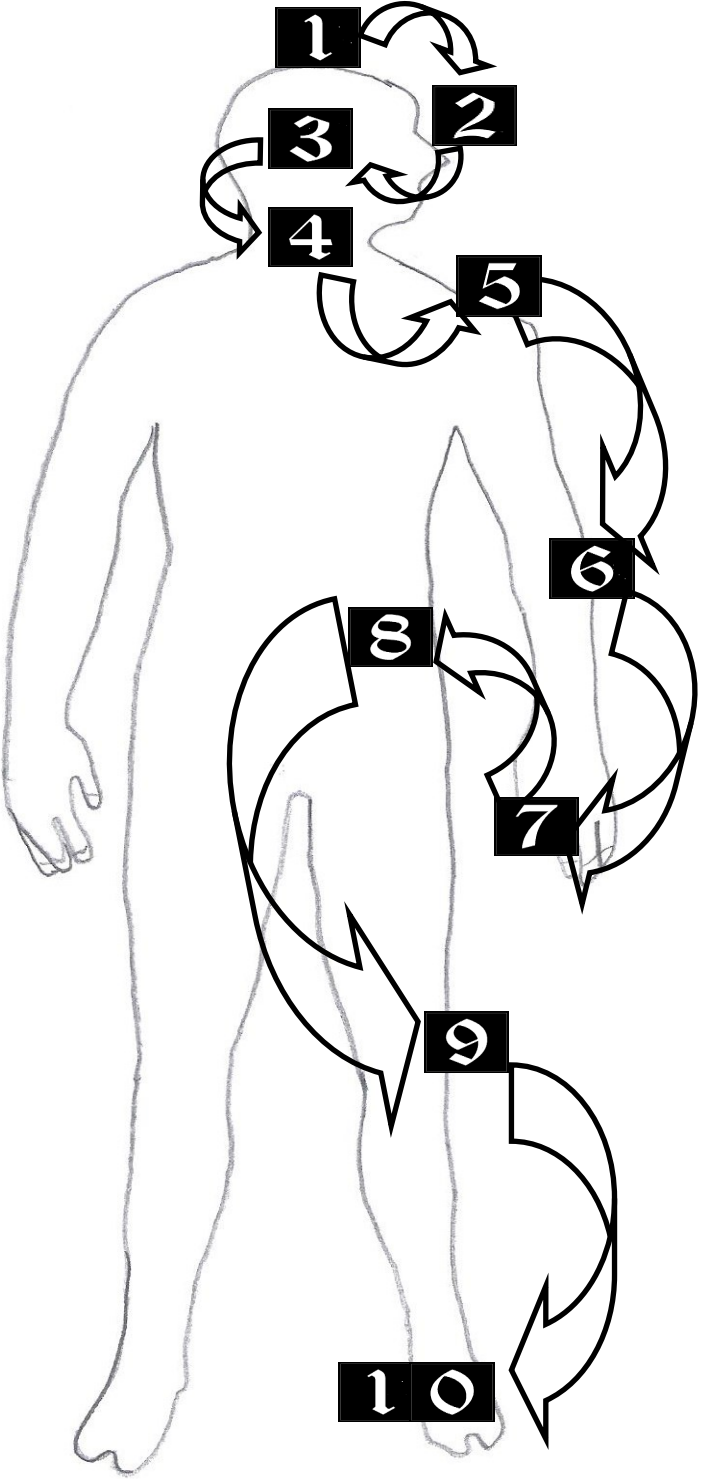


#10.

New Information (10)

BODY ANCHOR

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



PHONETIC ALPHABET

0 = z, soft c, s

reminder... ZerO ends with O

1 = t and d

reminder... t and d stand on 1 leg

2 = n

reminder... n stands on 2 legs

3 = m

reminder... m stands on 3 legs

4 = r

reminder... four ends with r

5 = L

reminder... roman numeral 50 is L

6 = sh, ch, j, soft g

reminder... mirror image of 6 resembles j

7 = k, hard c and g, q

reminder... upside down 7 is present in k

8 = f, v and ph

reminder... cursive f resembles 8

9 = p and b

reminder... mirror image of p resembles 9

ANCHOR WORDS

1.....	ha T	34.....	ha MM eR	67.....	SH aKe
2.....	wi N e	35.....	Mai L	68.....	CH eF
3.....	ha M	36.....	Mat CH	69.....	SH iP
4.....	oa R	37.....	ha MM o CK	70.....	Ki SS
5.....	oi L	38.....	Mo Vie	71.....	Ki Te
6.....	SH oe	39.....	Ma P	72.....	wa Go N
7.....	Key	40.....	Ro Se	73.....	Gu M
8.....	i Vy	41.....	Roa D	74.....	Ca R
9.....	hoo P	42.....	Rai N	75.....	ea GL e
10.....	To SS	43.....	Ra M	76.....	Cou CH
11.....	Toa D	44.....	Rea R	77.....	Ca Ke
12.....	Ti N	45.....	Rai L	78.....	Ca Ve
13.....	Di Me	46.....	Roa CH	79.....	Cu P
14.....	Door	47.....	Rock	80.....	Va Se
15.....	Tai L	48.....	Roof	81.....	Fee T
16.....	Di SH	49.....	Ro Pe	82.....	PH oNe
17.....	Do G	50.....	La SSo	83.....	Foa M
18.....	TV	51.....	wa LL e T	84.....	Fi Re
19.....	Tu B	52.....	Lio N	85.....	Fi Le
20.....	No Se	53.....	Li Me	86.....	Fi SH
21.....	wi ND ow	54.....	Lawy eR	87.....	Fi G
22.....	o Ni o N	55.....	Li Ly	88.....	Fi Fe
23.....	g No Me	56.....	eye La SH	89.....	FB i
24.....	wie Ne R	57.....	Lo G	90.....	Bu S
25.....	Nai L	58.....	Lea F	91.....	Ba T
26.....	Na CHo	59.....	Li P	92.....	Pia No
27.....	Neck	60.....	CH eeSe	93.....	Bo Mb
28.....	k Ni Fe	61.....	Je T	94.....	Bea R
29.....	Na P	62.....	CH ai N	95.....	Pai L
30.....	Mou Se	63.....	CH iMe	96.....	Bu SH
31.....	Ma T	64.....	CH ai R	97.....	Bi Ke
32.....	Mo Ney	65.....	Jai L	98.....	Beehi Ve
33.....	Mu MMy	66.....	CH oo CH oo	99.....	Pi Pe
				100.....	ou Thou Se S

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

Names of family
or friends
↘

Another person
with the same name
↘

Name translates to
object (visualization)
↘

1.

Ben

Ben Franklin

Bench

2.

3.

4.

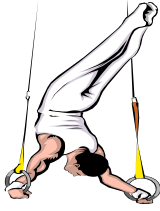
5.

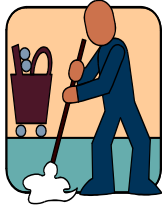
6.

7.

8.

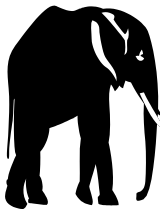
PICTURESQUE NAMES













GETTING TO THE SURFACE

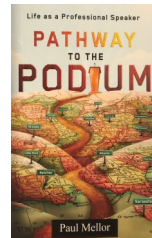
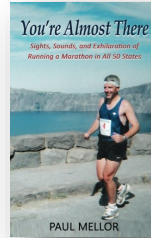
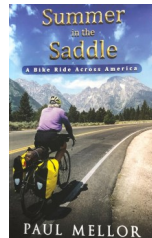
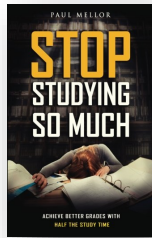
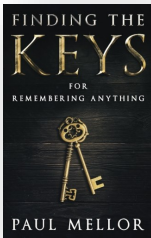
- Color = Robert *Redford*,
- Brand Name = *Ryan Reynolds* (Wrap),
- Place = *Garth Brooks*,
- Occupation = *James Taylor*,
- Object = *Bill Gates*,
- Animal = *Michael J. Fox*,
- Sounds Like = *Henry Aaron* (Iron),

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



SAVE over 35% - All 7 Books for only \$80

Any 7 for \$80 ... Any 6 for \$70 ... Any 5 for \$60
Any 4 for \$50 ... Any 3 for \$40 ... Any 2 for \$30
Any 1 for \$20

(Price includes P/H)

YES! Please send to me _____ book(s). (Please circle books to be ordered)
(quantity)

I've enclosed a check/money order payable to **Success Links**

in the amount of \$ _____ and have mailed to:

Paul Mellor
1405 St. Joan Court
N. Chesterfield, VA 23236

email: paul@mellormemory.com
phone: 804-873-6090
website: mellormemory.com

Credit Card information (VISA / MC / DISC / AMEX) in the amount of \$ _____

_____ - _____ - _____ - _____

EXP: _____ / _____

3-Digit Code (back of card) _____
AMEX 4-Digit (front of card) _____

NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: (_____) _____