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Introduction

You Have in Your Hands the Means To Advanced Mental Accomplishments

This book contains the necessary information for you to be able to effectively use the **Q Structured System of Memory and Recall**. I have designed it for your use. Study and practice the fundamentals of the system until it becomes your natural process for handling mental inputs that you especially want to remember. By using the system you will improve your long term retention of selected information because it uses and enhances the natural processes of memory.

Information that is recorded by using the system will have an exceptionally high level of recall. It will be retained and readily available as long as you make active use of it. When you cease to actively use the information it will gradually recede and become a core of valuable knowledge. However, due to the initial vivid mental images with strong associations, logical organization and synthesis, the information continues to be a valuable reservoir of knowledge that you can draw upon for years to come.

Thinking is a skill that uses every dimension of the mind. You can perfect your memory techniques and develop persistent memory that can produce exceptional mental achievements.

The system is valuable to help you:

- Increase the effectiveness of your mental processes, especially your memory and recall.
- Develop a greater breadth and depth of knowledge on any subjects you select, for

mind expansion and improvement of your judgement and decisions.

- Develop a variety of general knowledge including a better vocabulary, for your ready use in verbalizing your thoughts and ideas.
- More effectively draw upon your subconscious memory and use the huge volume of valuable information that you already have but do not effectively use.

When you accomplish even a fraction of the memory and recall improvements that are possible by the use of this system you will gain greater personal satisfaction with your performance, you will improve your self image and I am confident that you will be encouraged to continue to advance in your use of the system.

The system takes a little effort to learn and then you must use it if you are to realize its benefits. Experiment with it. Use it regularly. Search for opportunities to use the system as you are exposed to valuable information.

Mentally record lectures, sermons, classroom discussions, business discussions, and other oral presentations as you hear them. Select and mentally record important information as you read newspapers, magazines, manuals, textbooks, the Bible and other literature. The opportunities to gather and retain worthwhile information are unlimited.

The specific highlights of the system are provided as "How To" methodology to enable the careful reader to immediately use it for spontaneous recall.

As you advance in the use of the Q memory system, studying and learning will become delightful

experiences because of the ease of absorbing and recalling information.

Memory is the substance of communication.

Images are the fundamentals of memory.

Thoughts are the use of memory images to create new images.

Communication is the articulation of thoughts.

THEREFORE, it is worth the effort to learn the system that can give you persistent, retentive memory.