



# **Moonwalking with Einstein: Summary of the Key Ideas - Original Book by Joshua Foer: The Art and Science of Remembering Everything**

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An extraordinary memory is not something we are born with, but it can be trained with the right techniques and deliberate practice. Mental athletes use specific techniques to improve their memory and become better at remembering numbers, names, cards etc. Once we understand how memories are formed, we can transform information in a way that makes it easier to remember.

Who should read this book:

- People looking for ways to improve their memory.
- Anyone who wants to become better at remembering information such as names and phone numbers.
- Anyone interested in brain science and the art of remembering.

In this summary:

Chapter 1: Our memorizing abilities can be improved with the right techniques

Chapter 2: Some people can remember things easily, but find it difficult to forget

Chapter 3: Mental athletes use chunking to store information more easily

Chapter 4: Our lives are structured by memories and a concept of time

Chapter 5: Information can be stored in memory palaces to make it more easily retainable

Chapter 6: Poems can be remembered with the help of images or emotions

Chapter 7: The invention of the printing press reduced the need for memorizing

Chapter 8: The OK plateau can be overcome with deliberate practice

Chapter 9: Schools should teach modern memorization techniques

Chapter 10: The human mind is capable of much more than we think

Chapter 11: Final Summary

Evolvo opinion

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#### **Sharon Bufkin:**

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#### **Sandra Alexander:**

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