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## Moonwalking with Einstein: The Art and Science of Remembering Everything

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By Joshua Foer

Large Print Press, United States, 2012. Paperback. Book Condition: New. large type edition. 216 x 140 mm. Language: English . Brand New Book. Foer s unlikely journey from chronically forgetful science journalist to U.S. Memory Champion frames a revelatory exploration of the vast, hidden impact of memory on every aspect of our lives. On average, people squander forty days annually compensating for things they ve forgotten. Joshua Foer used to be one of those people. But after a year of memory training, he found himself in the finals of the U.S. Memory Championship. Even more important, Foer found a vital truth we too often forget: In every way that matters, we are the sum of our memories. Moonwalking with Einstein draws on cutting-edge research, a surprising cultural history of memory, and venerable tricks of the mentalist s trade to transform our understanding of human remembering. Under the tutelage of top mental athletes, he learns ancient techniques once employed by Cicero to memorize his speeches and by Medieval scholars to memorize entire books. Using methods that have been largely forgotten, Foer discovers that we can all dramatically improve our memories. Immersing himself obsessively in a quirky subculture of competitive memorizers, Foer...

### Reviews

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