



# **NLP Memory Palace: How To Structure Your Mind For Instant Global Recall (Memory Mastery Book 2)**

*Richard Gray*

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Did you ever find yourself trying to recall something you had recently learnt only to find your recollections... hazy? Illusive? Fragmented? Suppose you had just returned home after attending a course, the subject matter had spoken to you on a deep level letting you know this is what you wanted to do with your life but when it came to revising and using what you had learnt, you found your knowledge and understanding fading faster than a dream upon waking. It is at this point when a legacy of linear, left brain learning really comes home to roost.

The NLP Memory Palace shows you exactly how to structure your memory so you can store large amounts of information in a structured and easy to recall format. In fact if you follow the instructions in this unique and powerful system it is entirely possible to insert your entire field of study into a memory palace - there to be recalled at the drop of a hat thirty days or thirty years from now. So how would you like to build a visual construct in your head where you could visit any time and retrieve any piece of critical, real time, information you needed at precisely the moment you needed it, without worrying that the lights would go out and your mind would go blank?

With so many fields of learning out there, from languages to sciences and everything in-between, this system cannot provide examples specific to your area of learning therefore all the examples used in this book revolve around the author's own field of knowledge - NLP.

> NLP Practitioners - If your goal is to learn the mechanics of NLP or to create a memory palace in which to place your NLP knowledge then there is literally no other book out there that can do it for you.

>Non NLP Practitioners - If your goal is to learn how to create a Memory Palace with which to install all the knowledge of your own field of study then no other book will provide you a better platform for doing so. But before you buy, please go in with your eyes open. This book uses some NLP terminology that non practitioners will be unfamiliar, and thus may end up initially feeling lost. But remember this, If you were to imagine I am baking an NLP pie here, but you are perhaps a med student who wants to bake a Medical pie, remember this, don't concentrate on the fact I am using NLP ingredients, concentrate on the processes of how I am using them and mixing them together. In this way, as you read through the book your own brain will naturally begin suggesting ingredients from your own field of study which you can then apply the exact same processes you are learning here. Multiple processes are offered from which you can choose the ones that work best for you.

\* Please note that this production uses advanced techniques and new concepts that very few will have come across before, therefore it is recommended for those new to memory techniques that you first visit our website at [www.lemmings2lions.com](http://www.lemmings2lions.com) for a gentle introduction to some first and second generation memory techniques. Our Ultimate Memory Hero E-book comprehensively covers (and even develops) the key third and fourth generation techniques for a full emersion experience.

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