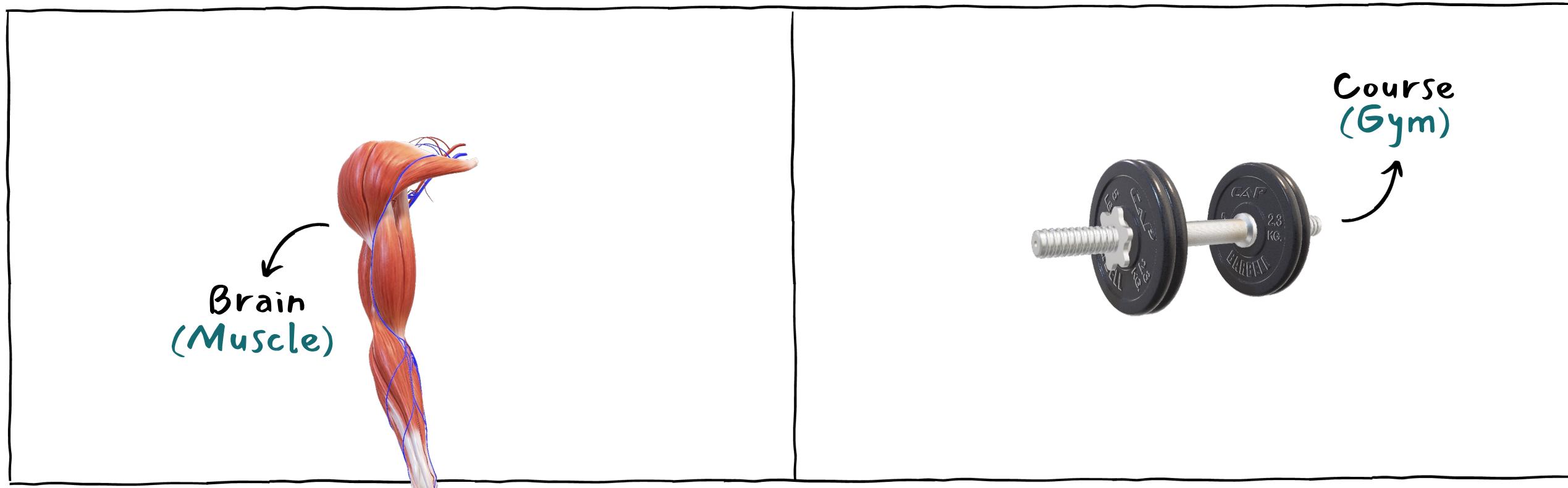


THE THE
ULTIMATE
BRAIN UPDATE
TIME FOR AN INTRODUCTION

Why it's important to take

THE ULTIMATE BRAIN UPDATE





**WELCOME
TO YOUR
BRAIN GYM**

This course has
TWO PILLARS

Science
(The science of learning)

Systems
(Memory systems)



The two types of memory:

SHORT TERM & LONG TERM MEMORY

Memorize a phone number



Memorize long information



HOW MEMORY WORKS



Prof. Mark
Rosenzweig

Understanding why we forget

Professor Rosenzweig Spent years studying the individual brain cell and its capacity of storage.

In 1974 he stated that if we fed in ten new items of information every second for an entire lifetime to any normal human brain that brain would be considerably less than half full.

He emphasized that memory problems have nothing to do with the capacity of the brain but rather with the self-management of that apparently limitless capacity.

From largest to smallest based on population size:
THE 10 EUROPEAN COUNTRIES

1. Vodka
Bottle
(Russia)



2. Porsche
(Germany)



6. Bull (Spain)



7. Crane
(Ukraine)



3. Kings Guard
(UK)



4. Baguette
(France)



5. Pizza
(Italy)



10. NASA
(Netherlands)



8. Electric pole
(Poland)



9. Rowing boat
(Romania)



MEMORY IS ABOUT USING OUR IMAGINATION, 5 SENSES & MOVEMENTS

The more unrealistic the scenarios are, the better



THERE IS NO SECRET POTION TO INCREASE INTELLIGENCE

You simply need



1. Discipline
2. Practice
3. Patience

Our Ultimate
KEY TAKEAWAYS



1. The brain is like a muscle
2. This course is like a gym
3. Memory is like a massive warehouse
4. Intelligence & memory are interconnected
5. Training the brain & memory increases intelligence
6. Imagination, the 5 senses & movements are essential to memorize
7. The more our ideas are unrealistic, the better we memorize them