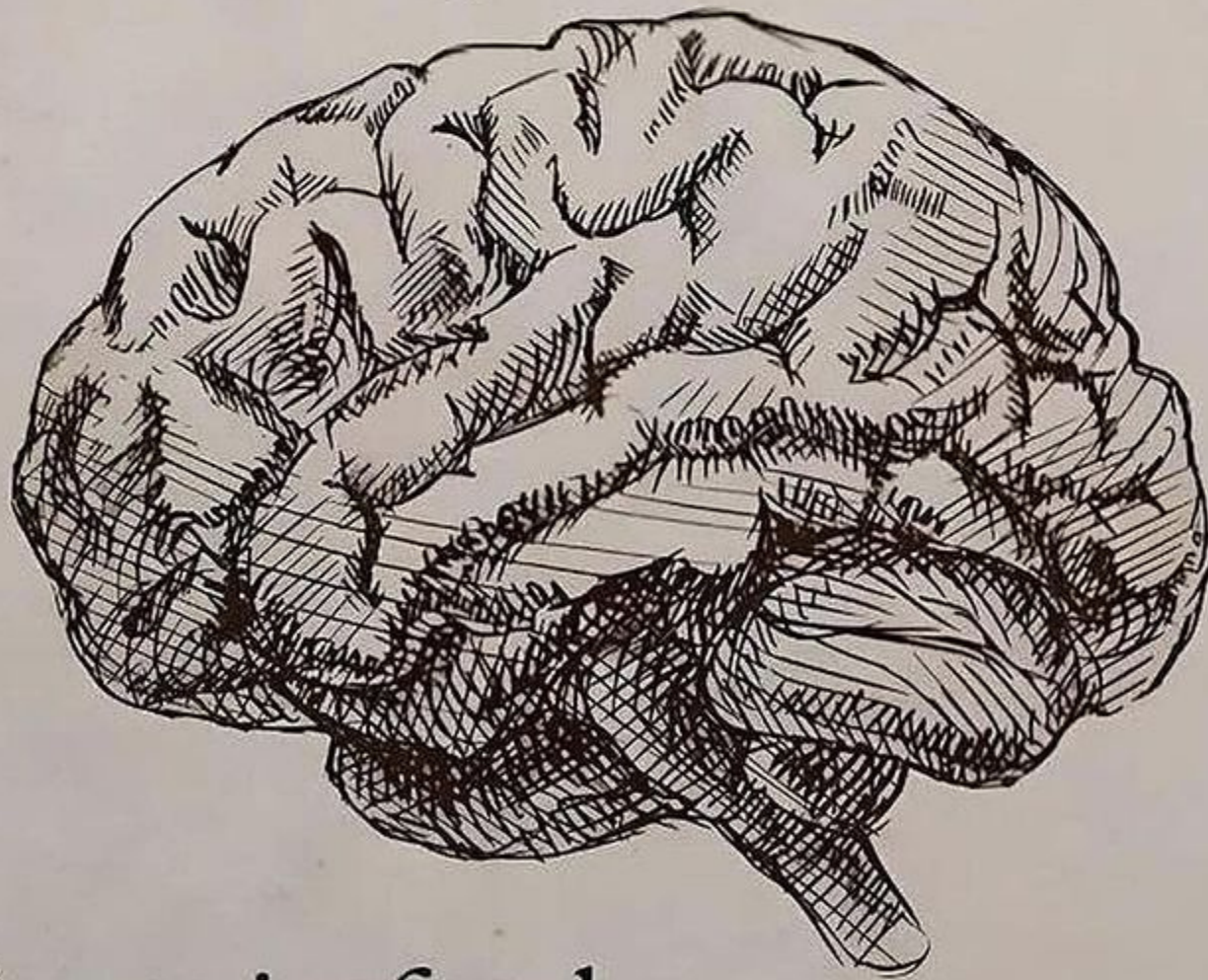



How to remember everything!



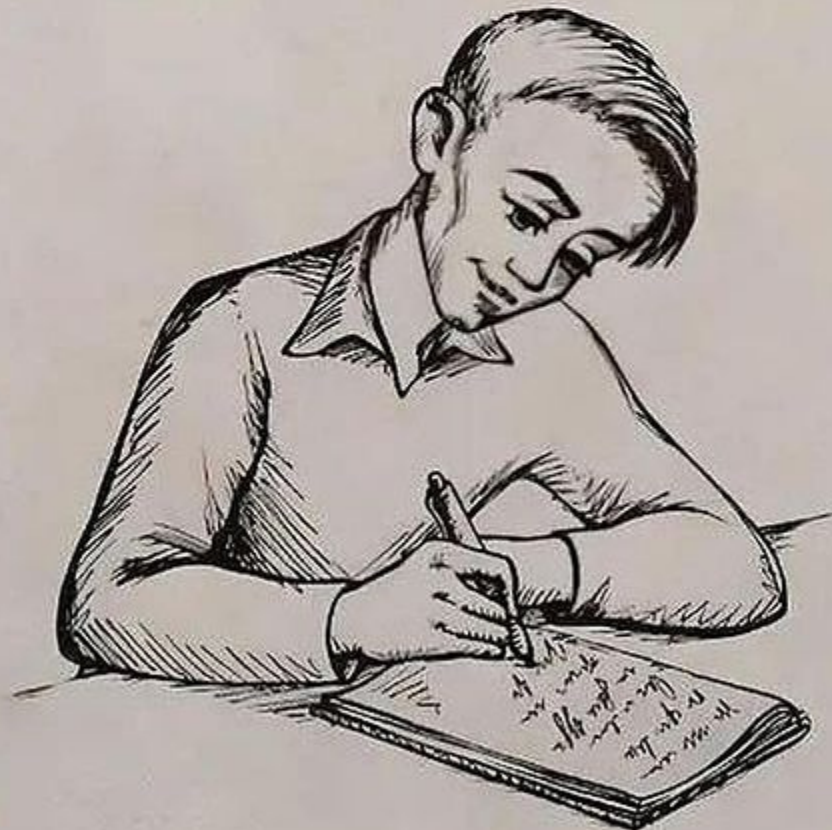
(According to science)



 astoicsfeed

Learn , Practice, Recall - Repeat

While reviewing make sure
you are recalling and not
just re-reading passively.



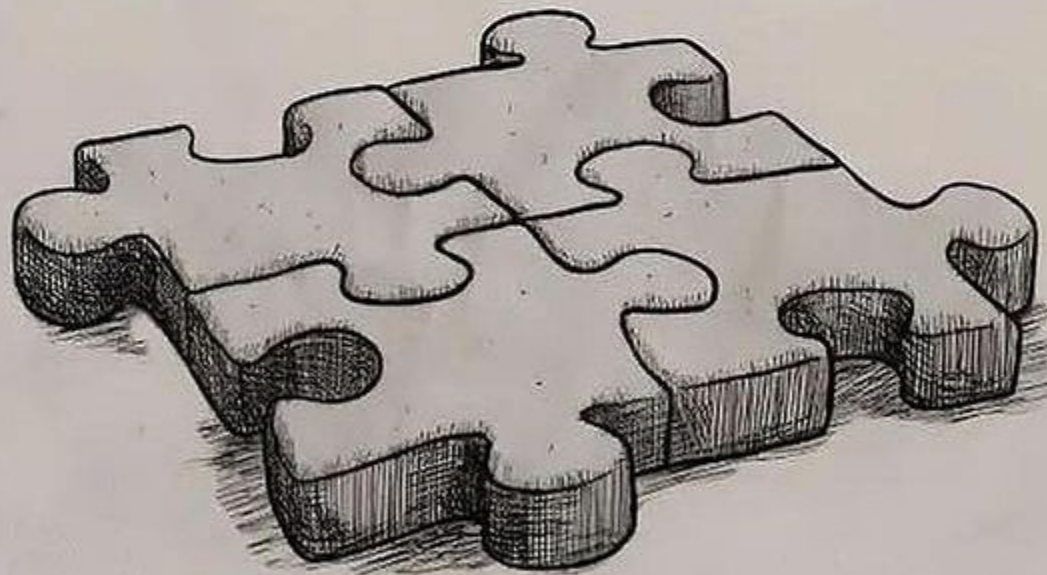
Sleep

Your brain is like a muscle, it needs proper sleep and build those long lasting connections.



Practice Chunkling

Take individual pieces of information and group them together into larger unit.



Use Metaphors and Stories

Relate what you are learning to concepts and stories that you are already familiar with.



Use visual memory

Visualising a concept is often the best way to fully understand it and remember it.

