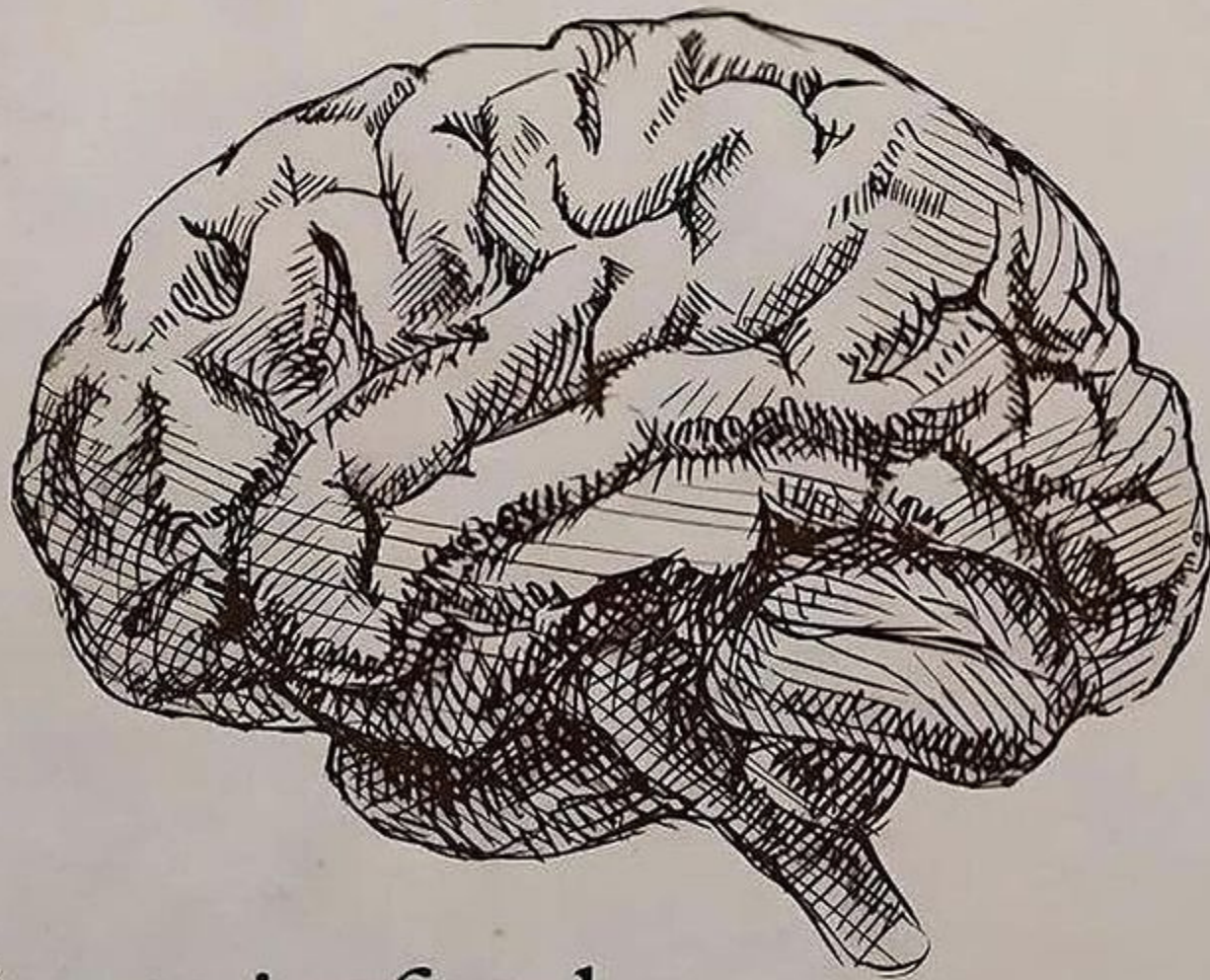




# How to remember everything!



(According to science)



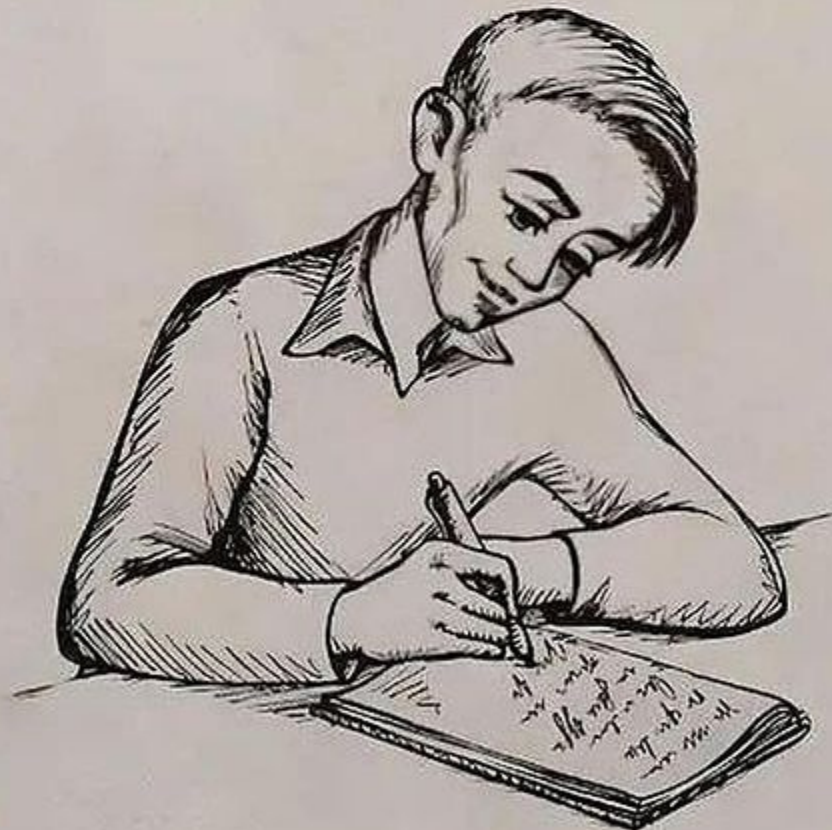
 astoicsfeed

Next 



# Learn , Practice, Recall - Repeat

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



# Sleep

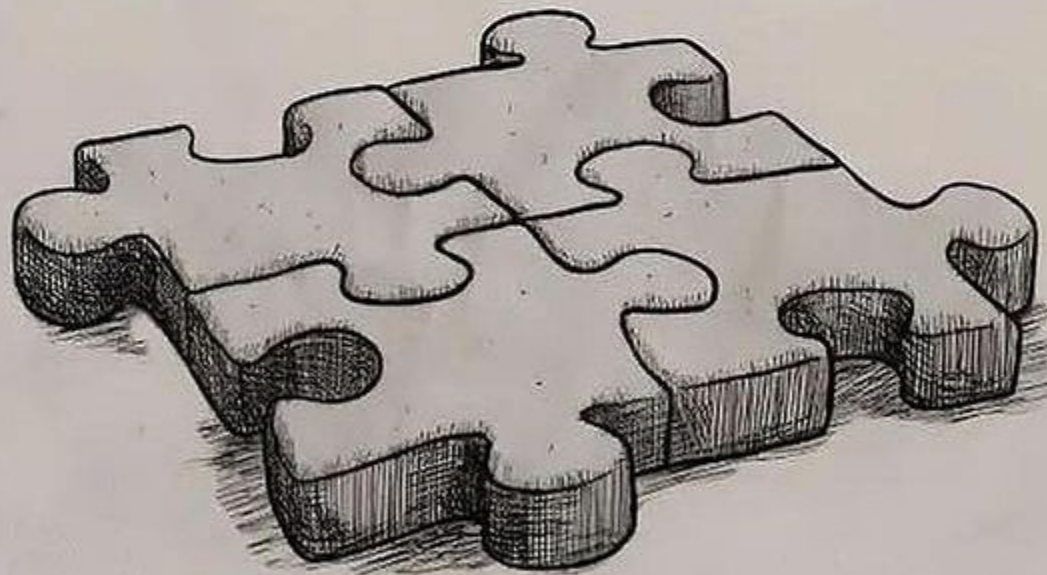
Your brain is like a muscle, it needs proper sleep and build those long lasting connections.





# 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.

