



Moonwalking with Einstein: The Art and Science of Remembering Everything

By Joshua Foer

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The blockbuster phenomenon that charts an amazing journey of the mind while revolutionizing our concept of memory

An instant bestseller that is poised to become a classic, *Moonwalking with Einstein* recounts Joshua Foer's yearlong quest to improve his memory under the tutelage of top "mental athletes." He draws on cutting-edge research, a surprising cultural history of remembering, and venerable tricks of the mentalist's trade to transform our understanding of human memory. From the United States Memory Championship to deep within the author's own mind, this is an electrifying work of journalism that reminds us that, in every way that matters, we are the sum of our memories.

From the Trade Paperback edition.

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Bibliography

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Editorial Review

Amazon.com Review

Amazon Best Books of the Month, March 2011: *Moonwalking with Einstein* follows Joshua Foer's compelling journey as a participant in the U.S. Memory Championship. As a science journalist covering the competition, Foer became captivated by the secrets of the competitors, like how the current world memory champion, Ben Pridmore, could memorize the exact order of 1,528 digits in an hour. He met with individuals whose memories are truly unique—from one man whose memory only extends back to his most recent thought, to another who can memorize complex mathematical formulas without knowing any math. Brains remember visual imagery but have a harder time with other information, like lists, and so with the help of experts, Foer learned how to transform the kinds of memories he forgot into the kind his brain remembered naturally. The techniques he mastered made it easier to remember information, and Foer's story demonstrates that the tricks of the masters are accessible to anyone. --*Miriam Landis*

From [Booklist](#)

If you sometimes can't remember where you put your car keys or, like Foer, the car itself, don't panic. You're not alone, and you can do something about it. In this intriguing look at the nature of memory, Foer reassures us that we don't need to acquire a better memory; we just need to use the one we have more effectively. Foer introduces us to people whose memories are both astonishing, like the man who could memorize 1,528 random digits in order, and frightening, such as a man with such an extreme case of amnesia that he doesn't know his own age and can't remember that he has a memory problem. He explores various ways in which we test our memories, such as the extensive training British cabbies must undergo. He also discusses ways we can train ourselves to have better memories, like the PAO system, in which, for example, every card in a deck is associated with an image of a specific person, action, or object. An engaging, informative, and for the forgetful, encouraging book. --David Pitt

Review

In this marvelous book, Joshua Foer invents a new genre of non-fiction. This is a work of science journalism wrapped around an adventure story, a bildungsroman fused to a vivid investigation of human memory. If you want to understand how we remember, and how we can all learn to remember better, then read this book

Users Review

From reader reviews:

Michel Wilkerson:

As people who live in the actual modest era should be up-date about what going on or information even knowledge to make these people keep up with the era which is always change and advance. Some of you maybe can update themselves by reading through books. It is a good choice for yourself but the problems coming to an individual is you don't know what one you should start with. This Moonwalking with Einstein: The Art and Science of Remembering Everything is our recommendation to help you keep up with the world. Why, as this book serves what you want and want in this era.

Joni Thompson:

Nowadays reading books are more than want or need but also get a life style. This reading practice give you lot of advantages. The advantages you got of course the knowledge the particular information inside the book that improve your knowledge and information. The details you get based on what kind of guide you read, if you want send more knowledge just go with training books but if you want experience happy read one with theme for entertaining like comic or novel. Often the Moonwalking with Einstein: The Art and Science of Remembering Everything is kind of publication which is giving the reader unstable experience.

Tracy Rendon:

Are you kind of hectic person, only have 10 as well as 15 minute in your morning to upgrading your mind expertise or thinking skill even analytical thinking? Then you are having problem with the book compared to can satisfy your short period of time to read it because this time you only find publication that need more time to be examine. Moonwalking with Einstein: The Art and Science of Remembering Everything can be your answer because it can be read by an individual who have those short free time problems.

James Rutledge:

Is it you who having spare time and then spend it whole day by watching television programs or just lying on the bed? Do you need something new? This Moonwalking with Einstein: The Art and Science of Remembering Everything can be the answer, oh how comes? A fresh book you know. You are consequently out of date, spending your spare time by reading in this completely new era is common not a geek activity. So what these publications have than the others?

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