

为更好的记忆和成功而进行思维锻炼 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/473/2021_2022__E4_B8_BA_E6_9B_B4_E5_A5_BD_E7_c67_473157.htm 原文：One of the best tools for improving your success rate in personal life or in your business life is a good memory. There is no one who doesn't appreciate being called by name and asked about some minor detail of his or her life. For example, to remember that you met John Parker at a trade show a week ago and found out he lives in Detroit. John is a potential customer, imagine your rating with him if you not only remember his name, but the fact that he lives in Detroit. There are memory tricks which will allow you to remember facts like this and they are easily learned. The point is that whether or not John Parker becomes your customer, he will remember you because you took the time to personalize your comments to him. There are many memory tricks you can use to remember facts, but underlying them all is a commitment to exercise your mind. Just like your biceps, if you exercise the brain, it gets stronger and responds more quickly. A recent study found that if you exercise vigorously you will have a better memory as well. Some scientists believe this is because of the increased blood flow through the circulatory system which carries oxygen to the brain as well as the muscles. While the tricks are helpful in learning things like lists, and they exercise your brain, the underlying aid to mind exercise is to focus on what you're looking at or thinking about. A good overall memory strengthening exercise is crossword puzzles. These force you to focus and to look at things

in different ways , both spatially and linguistically. Logic puzzles are also fun to do and strengthen memory. Some easy ways to remember lists , even if it is a list of names include link , number shapes or rhyme systems. With the link system , you tell yourself a story using the items or names on the list. The story doesnt have to be rational , in fact , the sillier it is , and the more likely you are to remember the items on your list. The number shapes system also involves making up a story using the items youve memorized to stand for the numbers from zero through nine. Again , the more unique the story is the more likely you are to remember the numbers associated with it. The number rhyme system uses words that rhyme with the numbers to make up the story. For instance , you may decide that ‘ four rhymes with ’ poor and picture the little man turning his pockets out in the classic Monopoly game. Using John Parker in the example above you could consider this a kind of list. You need to remember ‘ John ’ Parker and ‘ Detroit. If you make up a story about a uniformed valet with a name badge in a valet parking lot with a Lion chasing him around the car , it should provide enough information to get his name right. Two important things to remember when using the link , number shapes or number rhymes systems is to memorize your keywords ahead of time so that you are comfortable with them and they come automatically into your head when you see the items on a list. Second , focus your attention on the list and exercise your abilities each day. You can even ask someone to check your work. Being aware of your surroundings all the time is a good idea not just for the memory training , but for

your participation in life. 译文：在个人生活和商业生活中，提高人们成功率的最好素质之一是具有良好的记忆。每个人都会欣赏能够叫上自己的名字和询问自己生活次要细节的人。例如，记得在一周前的一次内部预映中见到过琼斯。帕克，同时知道他住在底特律。琼斯是一位潜在的顾客，想象一下，当你即记住他的名字又记着他住在底特律这一事实时，你在他心目中的等级将会是什么样子的。有许多记忆技巧能够让你记住像这样一些事实，同时这些技巧是很容易学的。关键在于琼斯。帕克不管能不能成为你的顾客，他都会记住你，因为你花时间进行了针对他的个人评论。要记住一些事实有许多记忆技巧可以用，但是这些技巧无一例外地是以致力于思维锻炼为基础的。正如同你的二头肌一样，如果你不断锻炼大脑，二头肌就会更加强壮，反映也会更加迅速。进来的一项研究表明，当你精力充沛地去锻炼时，你也会得到更好的记忆。一些科学家相信这是因为血液流动通过给大脑和肌肉输送氧气的循环系统不断增加所致。这些技巧有利于记住如名单等一些东西，同时它们锻炼了你的大脑，这个思维锻炼的潜在手段能够使你的注意力集中在所看所想的東西上。一个好的全面的加强记忆训练是纵横拼字谜。这些促使你集中注意于即从时间上又从语言学上等不同角度去观察事情。逻辑谜语同样对加强记忆很有好处。记住名单甚至是一串名字的简易方法有连接方案，号码定形方案和号码押韵方案。廉价方案用名单上的条目或名字编一个故事。这个故事并非必须是合理的，事实上你越想记住名单上的条目这个故事越是愚蠢的。号码定形方案涉及用条目编一个故事，你记住这些条目是用0到9的数字表示。你越想记住与条目相联系的条

目，这个故事就越独特。号码押韵方案是用与号码押韵的单词来编故事。例如你可能会让 ' poor和 ' four同韵，刻画一个年轻人在传统的赌博游戏中变得穷困潦倒。就用上面例子中的琼斯。帕克，你可以这考虑成一个名单。你需要记住琼斯，帕克和底特律。如果你编一个关于穿制服，在仆从场地带有名字徽章并且被一头狮子围着汽车追的仆从的故事，就需要提供足够的信息是他的名字正确。在运用连接、号码定形和号码押韵方案时的两个重要的事情是首先记住关键词，你会对他们感到舒适，当在名单上看到它们时，它们会被你的大脑自动记住。第二，集中精力在名单上并且每天锻炼你的这种能力。你甚至可以找一个人来检测一下你的工作。时刻注意你周围的事物无论对于记忆训练还是对于你对生活的参与，都是一个很好的理念。100Test 下载频道开通，各类考试题目直接下载。详细请访问 www.100test.com