



## Consigue una memoria asombrosa: Técnicas y consejos que cambiarán tu vida

*Dominic O'Brien , Remedios Diéguez Diéguez (Translator)*

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Dominic O'Brien campeón mundial de memoria en ocho ocasiones, te revela los métodos que él mismo ha inventado para lograr una memoria prodigiosa. En este libro, nos explica cómo descubrió y desarrolló su propio método para mejorar la memoria y obtener resultados insospechados. De forma sencilla y detallada O'Brien nos expone paso a paso cómo cambiar nuestra vida ampliando y agudizando nuestra memoria mediante la aplicación de técnicas infalibles para memorizar números, listas, conferencias, cumpleaños, cartas, datos, nombres y rostros. Siguiendo a Dominic O'Brien en su viaje de perfeccionamiento, este libro ofrece ejercicios mnemotécnicos que ayudarán al lector a desarrollar su memoria y a medir sus progresos, a su propio ritmo, hasta alcanzar niveles de campeón.

Dominic O'Brien es ya una leyenda por haber ganado el campeonato mundial de memoria en ocho ocasiones y por haber «burlado» a los casinos de Las Vegas y haber ganado una fortuna en el blackjack. En 2002 ganó una mención en el Libro Guinness de los récords por recordar una secuencia aleatoria de 2.808 cartas (54 barajas) después de ver cada carta una sola vez. Su éxito se basa en brillantes técnicas que ha desarrollado y perfeccionado a lo largo de los años, entre las que destacan el Método del viaje y el Sistema Dominic.

## Consigue una memoria asombrosa: Técnicas y consejos que cambiarán tu vida Details

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## **From Reader Review Consigue una memoria asombrosa: Técnicas y consejos que cambiarán tu vida for online ebook**

### **Phubet Chitapanya says**

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### **Seaster says**

I think Dominic O'Brien's books are better than Tony Buzan's book. He gives some useful tips for memory training. I started to use in my daily life. If you are interested in memory techniques, you may read it.

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### **Jessica says**

very useful techniques and practices

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### **Paulina Grunwald says**

I really enjoyed this book. It contains many memorizing strategies and exercises. Definately 5 stars.

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### **Mir Shahzad says**

I watched summary of this book. In this book three principles to remember anything in memory:  
1. Imagination, 2. Association, and 3. Location.

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### **Marcus Clark says**

**YOU CAN HAVE AN AMAZING MEMORY**  
Learn life-changing techniques and tips from the memory maestro  
Dominic O'Brien

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Dominic has a truly amazing memory, not surprising that he was the World Memory Champion eight times.

In this book, he tells how he developed his technique, through experimenting and trial and error. But many of us are not that interested in how his technique came about, or how he had to develop new tricks; we just want to know how to use our memory to assist us in our everyday lives. The same thing applies to his techniques

for memorising 50 packs of playing cards. For most of us, it is not what we are going to use his methods for.

On the other hand, most of the techniques can be used in various situations. I did skip some chapters, such as the one about memorising ink-blot shapes, or a page of 0's and 1's in random order. An impressive party trick, but it is only really useful if you are in a world memory championship.

He does give useful tips on how to memorise numbers, names, people, all of that is good. That's where the book is valuable. It could have been more valuable if it had focused on the areas that students, adults, ordinary people need for the lives.

I just found out that he has written some other books, with titles suggesting they might be more practical.

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## Courtney Williams says

**The book:** *You Can Have An Amazing Memory*

**The author:** Dominic O'Brien, eight time World Memory Champion.

**The subject:** This expert on memory shares his secrets with exercises for the reader to practise and develop their memories.

**Why I chose it:** My study mentor loaned it to me to help with my memory before exams.

**The rating:** Four out of five stars

**What I thought of it:** I feel like I have a terrible memory, or at least a memory that doesn't work how I'd like it to. That random thing that happened ten years ago? *Crystal clear*. That really important thing I need to do or, say, that entire module of work? *Uh...* I've resorted to diligently writing to-do lists, which in itself helps me remember things, but also ensures I have a record of everything I need to do so, in theory, nothing should get neglected. I wish I didn't *have* to do that though. I was resigned to my fate – a side-effect, I suspect (with my tin foil hat at a jaunty angle), of both depression and anti-depressant use – until I borrowed this book.

This book confirmed what I've found in the past: creativity is the key to memorising things. O'Brien takes us through various techniques, including the path method and his own Dominic method, which utilise a lot of association and coming up with interesting imagery that's far more likely to stick than a dry list of things. I liked how he portrayed it as a trial and error discovery through recounting his development, from child who "would never amount to anything" to champion memoriser. I also enjoyed his exposition of the neuroscience behind the techniques. At the end he put forward the case for memorising things; rather than it being pointless as many would suggest, he points out that we exercise our bodies for fun, so why not exercise our minds for fun too?

Of course, this review would be useless without a mention of how this book has helped improve my memory. Well, comparing how I was at the start of the book and the end, there was a clear improvement – at the start I struggled on the exercises, but by the end I sailed through them. I am putting the techniques to use in my real life too.

I would recommend it to anyone who thinks they have a poor memory. It may just be that, like me, you just don't know the best way to utilise it (and/or are being self-deprecating). Even if you don't have a poor memory, I'm sure you can make yours better and have fun in the process with this book.

**Just one more thing:** Another memory resource that I've been using recommends the website Memrise. It's not much use to me at the moment because I need to work on remembering stuff for my exams, which doesn't lend itself to how Memrise works, but I gave it a little go and it seemed good.

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### **Kamal Elhoseny says**

As I was hesitated about reading the book .. I was never interested -not a little bit- in books with titles like "know yourself better" , "secrets of success" " how to become a millionaire" , but this one is an exception ; the author is someone who really knows what he is talking about describing his personal experience . So I am dying to read every letter he wrote . It's just like that :D . About my rating , for me it deserves more than 5-with a range out of 5 too- but since it's the highest one here so it totally deserves it .

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### **Nathik says**

Having read a number of Memory books I must admit that most of it are either tedious or not effective. Many Mnemonist don't share all their techniques in their books. People, like myself, who are looking to improve memory overnight might find it frustrating(trust me its not possible) . Dominic O'Brien, eight times World Memory Champion, shares some of his best memory techniques in this book. I personally find it to be informative and easily the best memory book available. But again there is no short cuts for obtaining a sharp memory. It will definitely take time since we are trained to think in a certain way from a early age; its not easy adapt a new tool of learning overnight. We all can have an amazing memory provided we work on it. Happy Learning!!

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### **Ahmed says**

Fantastic book, well written and more entertaining compared to another magnificent book (use your memory by Tony Buzan).

These kind of book will introduce you to new concept that will change you forever. If you are willing to stick with the instruction and implement these technique immediately; you'll end up with big gains.

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### **Lisa says**

Fascinating techniques to improve memorization of lists and numbers using the journey method. By connecting novel information to familiar, you can trick the brain into storing new information. Essentially you get the brain's hemisphere's to work together.

Great information about how the brain activates as is works and how to stimulate neuroplasticity in your own

brain.

## Rachanont says

**Nile says**

This book is just the right size for what it is. O'Brien gets to the point and is very succinct in explaining his "origin story" so to speak as well as the techniques he's developed. The techniques themselves are handy but I think limited in scope (although I've only been practicing a week so I might be missing something). For example they're really useful if you need to remember a long list of items or if you want to remember someone's name (something that's been the bane of my existence) but not great if you need to remember what took place during a meeting or conversation. That being said, this book is a safe bet because even if it turns out his techniques aren't for you, the book is so short and concise that you'll only have lost a few hours of your time.

## Veronique says

I've always been interested in psychology and how the brain functions with certain data, especially languages. Memory is a fascinating subject but weirdly I've never really investigated 'how it works'. Mine is ok and I was able to rely on it when I needed it. It is not infallible however and I did wonder how certain people seem able to achieve amazing feats. A little while ago, I heard about 'memory palaces', in Sherlock and in The Mentalist, which spurred me on to find out exactly what that is.

Queue searching the web for reference books on the subject. Dominic O'Brien has written a few and this one seemed a good place to start. And it was. The author charts his journey into training his brain and finding out what techniques work, in a time before the easy access to internet resources, as well as his experience with the World Memory Championships and how they are held.

He also offers various exercises for the reader to use. And this is key! For instance, how many words, in order, would you remember if you only have 3 minutes to study. The norm is 6-10 but using association and visualisation, I was able to retain 18 the first time I tried, and this was without writing them down (I usually have to write to retain). Not only were they in order, but I could go backwards too!

Numbers, especially for long sequences, is harder to attain and requires work, but once you've done the leg work, it becomes easier and stronger. I'm still working at devising my pairs.

So, a pretty good introduction to training one's memory that is entertaining to read, combining anecdotal facts with beginners hands on training. I feel however that I've just scratched the surface and want more, especially on managing several palaces/journeys and 'coding' the various kinds of data.

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## **Nola Redd says**

Unlike the previous memory book I read and reviewed, this one was well written and entertaining. In ways, the information it supplied can be found by anyone who has googled the subject. However, what I most enjoyed was the way the narrator broke things down to really give the reader insight into what was going on inside his mind, which is the dominant reason I'm reading several memory books at the moment; I want to see the action at work.

The author walks through a number of standard memory methods, from peg lists to journeys to memory palaces. He does so by taking us through his adventures investigating memory techniques, which, in a pre-internet era, he developed through trial and error.

In addition, he also builds off research into brain activity which he participated in, going so far as to purchase his own EEG machine and to utilize biofeedback to learn to adjust his brain waves. Neither are necessary to basic memorization techniques - the author states that 'manual techniques' are effective - but it was interesting to read.

Finally, the author offers a response to the oft-asked question, what's the point of memorizing playing cards and strings of numbers? He argues that such activities exercise the brain, improving both memory and imagination. What point is there in 11 men kicking a ball across a field while 11 other men try to stop them? No point but exercise and enjoyment - so why shouldn't we do the same for our brain.

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