Pozabljanje - pot do dobrega spomina

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1.








































































































učenje

pozornost

vaja razpored, globina

organizacija

konsolidacija







SECRETS OF A MIND-GAMER

How I trained my brain and became a world-class memory athlete.

By Joshua Foer

Dom DeLuise, 🐼 the comedian (and five of), was implicated in the following unseemly acts in my mind's eye: He hocked a fat globule of spittle (nine of) on Albert Einstein's thick 🦓 white mane (three of diamonds) and delivered a devastating karate kick (five of spaces) to the groin 🦄 of Pope Benedict XVI (six of diamonds). Michael Jackson (king of) engaged in behavior bizarre even for him. He defecated (🐭) on a 🔍 salmon burger (king of) and captured his flatulence (queen of) in a 💎 balloon (six of spades). This tawdry tableau, which I'm not proud to commit

Hvala za pozornost!






























(Pascual-Leone in dr., 1995)

Α



Fizična vadba mišice upogibalke mišice iztegovalke Miselna vadba mišice upogibalke mišice iztegovalke

(Pascual-Leone in dr., 1995)

(Pascual-Leone in dr., 1995)



⁽Pascual-Leone in dr., 1995)





















