



Memory: How to Develop, Train, and Use It

By William Walker Atkinson (December 5, 1862 – November 22, 1932)

Read by:	Roger Melin	Format:	MP3 CD in DVD case
Length:	4 hours 37 minutes	Catalog:	DB-1249
Language:	English	EAN:	0701236969696
Style:	Solo	MSLP:	\$9.99
Genre:	Education, Self-Help, Psychology		

When we think of memory we often think of it as an innate mental ability – either you have a good memory or you don't. The increasing public awareness of the effects of Alzheimer's disease has given us an appreciation of the devastating consequences of memory loss and the absurd and bizarre behavior that can result. As Emerson wrote: "Memory is a primary and fundamental faculty, without which none other can work: the cement, the bitumen, the matrix in which the other faculties are embedded. Without it all life and thought were an unrelated succession." We increasingly realize that memory has a vital physical dimension, that it is dynamic, and that the cultivation of memory is "the cultivation and development of our entire mental

being-the development of our selves." *Memory: How to Develop, Train, and Use It* (1919) is a comprehensive and integrated system to develop and train the mind to improve not only recollection but the entire thought process and consciousness. It does so with clear explanations of the nature and process of memory accompanied by techniques and exercises designed to help condition it. It is one of the first of its kind and has helped many thousands for the nearly 100 years the book has been in print.

"The extent of the memory depends, first, on the daily use we make of it; secondly, upon the attention with which we consider the objects we would impress upon it; and, thirdly, upon the order in which we range our ideas."

- French philosopher Helvetius

William Walker Atkinson (December 5, 1862 – November 22, 1932) was an American attorney, publisher, writer and a leader of the New Thought movement. Although he is largely forgotten, he wrote over 100 books under his name and a variety of pseudonyms; many have been continuously in print since the early 1900's. He was born in Baltimore, married at age 26, and pursued a successful business and legal career until suffering a complete breakdown in the late 1880's. He found healing and vitality through the emerging discipline of New Thought, and started writing about it. He moved to Chicago, a center of the New Thought movement, and became editor and publisher of *Suggestion*, *New Thought*, and *Advanced Thought* magazines. He then teamed up with publisher Sydney Flower to publish most his books under various imprints of the Psychic Research and New Thought Publishing Company. He wrote 13 books on yoga and Indian philosophy using the pseudonym Yogi Ramacharaka, taking the name from a spiritual teacher who lived from 1799 until the late 19th century. Other pseudonyms include Theron Q. Dumont and Swami Panchadasi.