



## Moonwalking with Einstein: The Art and Science of Remembering Everything

By Joshua Foer

The Penguin Press. Hardcover. Book Condition: New. Hardcover. 320 pages. Dimensions: 9.6in. x 6.5in. x 1.2in. Foer's unlikely journey from chronically forgetful science journalist to U. S. Memory Champion frames a revelatory exploration of the vast, hidden impact of memory on every aspect of our lives. On average, people squander forty days annually compensating for things they've forgotten. Joshua Foer used to be one of those people. But after a year of memory training, he found himself in the finals of the U. S. Memory Championship. Even more important, Foer found a vital truth we too often forget: In every way that matters, we are the sum of our memories.

Moonwalking with Einstein draws on cutting-edge research, a surprising cultural history of memory, and venerable tricks of the mentalists trade to transform our understanding of human remembering. Under the tutelage of top mental athletes, he learns ancient techniques once employed by Cicero to memorize his speeches and by Medieval scholars to memorize entire books. Using methods that have been largely forgotten, Foer discovers that we can all dramatically improve our memories. Immersing himself obsessively in a quirky subculture of competitive memorizers, Foer learns to apply techniques that call on imagination as...



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