



Remember Everything and Forget Nothing: Simple Steps to Memory Improvement

Olivia Bates

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When we learn how to do something, it usually starts off as difficult. Before we learn how to walk, we crawl. Before we learn how to write words we learn the alphabet. Before we learn a new language, we first learn the basic greetings and phrases. That is why we start small through step-by-step instructions in order to learn as we go along. When doing so, we break down each practice into smaller aspects until we can learn the entire procedure thanks to prior practice, facilitating it in the process.

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