



Moonwalking with Einstein: The Art and Science of Remembering Everything

By Joshua Foer



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Moonwalking with Einstein: The Art and Science of Remembering Everything By Joshua Foer

The blockbuster phenomenon that charts an amazing journey of the mind while revolutionizing our concept of memory

An instant bestseller that is poised to become a classic, *Moonwalking with Einstein* recounts Joshua Foer's yearlong quest to improve his memory under the tutelage of top "mental athletes." He draws on cutting-edge research, a surprising cultural history of remembering, and venerable tricks of the mentalist's trade to transform our understanding of human memory. From the United States Memory Championship to deep within the author's own mind, this is an electrifying work of journalism that reminds us that, in every way that matters, we are the sum of our memories.

From the Trade Paperback edition.



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Bibliography

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Editorial Review

Amazon.com Review

Amazon Best Books of the Month, March 2011: *Moonwalking with Einstein* follows Joshua Foer's compelling journey as a participant in the U.S. Memory Championship. As a science journalist covering the competition, Foer became captivated by the secrets of the competitors, like how the current world memory champion, Ben Pridmore, could memorize the exact order of 1,528 digits in an hour. He met with individuals whose memories are truly unique—from one man whose memory only extends back to his most recent thought, to another who can memorize complex mathematical formulas without knowing any math. Brains remember visual imagery but have a harder time with other information, like lists, and so with the help of experts, Foer learned how to transform the kinds of memories he forgot into the kind his brain remembered naturally. The techniques he mastered made it easier to remember information, and Foer's story demonstrates that the tricks of the masters are accessible to anyone. --*Miriam Landis*

From [Booklist](#)

If you sometimes can't remember where you put your car keys or, like Foer, the car itself, don't panic. You're not alone, and you can do something about it. In this intriguing look at the nature of memory, Foer reassures us that we don't need to acquire a better memory; we just need to use the one we have more effectively. Foer introduces us to people whose memories are both astonishing, like the man who could memorize 1,528 random digits in order, and frightening, such as a man with such an extreme case of amnesia that he doesn't know his own age and can't remember that he has a memory problem. He explores various ways in which we test our memories, such as the extensive training British cabbies must undergo. He also discusses ways we can train ourselves to have better memories, like the PAO system, in which, for example, every card in a deck is associated with an image of a specific person, action, or object. An engaging, informative, and for the forgetful, encouraging book. --David Pitt

Review

In this marvelous book, Joshua Foer invents a new genre of non-fiction. This is a work of science journalism wrapped around an adventure story, a bildungsroman fused to a vivid investigation of human memory. If you want to understand how we remember, and how we can all learn to remember better, then read this book

Users Review

From reader reviews:

Colleen Holden:

This *Moonwalking with Einstein: The Art and Science of Remembering Everything* tend to be reliable for you who want to be a successful person, why. The reason of this *Moonwalking with Einstein: The Art and Science of Remembering Everything* can be on the list of great books you must have will be giving you more than just simple reading food but feed a person with information that possibly will shock your before knowledge. This book is usually handy, you can bring it almost everywhere and whenever your conditions at e-book and printed people. Beside that this *Moonwalking with Einstein: The Art and Science of Remembering Everything* giving you an enormous of experience such as rich vocabulary, giving you demo of critical thinking that we understand it useful in your day activity. So , let's have it and enjoy reading.

Lila Smith:

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Jesse Fox:

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