

How Not to Forget Someone's Name

"You have such a good memory for names". I'm always being told this. I had a good incentive to remember them. Cash! You see, a number of years ago I had a position working as a doorman at a popular southern California night club. A lot of high rollers would visit the place and of course, like anyone else, they liked to hear their name spoken in greeting. It was a great job. A real pain in the xxx sometimes, but a great job. They paid me \$7.00 an hour, and if I didn't net a thousand dollars cash in tips alone, it was a slow week. So, you can see where it paid for me to remember names. It was after a couple of months working the door that I would see a returning client, who had been friendly or generous on their past visit, approaching with a smile, only to have me blank. I'd offer a generic "welcome back" or "good to see you again", but I could see it wasn't the same. I knew I had to get my game together. I was chewing on this for a couple of weeks when it hit me, yes every once in a while I get lucky. I already had the answer in my arsenal of books at home. In fact, I had practiced a memory system many years prior in order to pass a difficult exam. My secret weapon? Harry Lorayne's "The Memory Book". Do you remember this guy? He used to go on talk shows during the seventies and ask each individual in the audience their name at the beginning of the show. At the end of the show he would repeat each name correctly without a single mistake. This guy was a frigg'n genius in my opinion. These memory systems have been in use since ancient times, but have long been forgotten in this day and age. Harry brought it back! There were over 2 million of these books published so you have a good chance of finding one at your local used book store for \$1 or \$2 bucks. So here is how I did it with Harry's help. You can remember any piece of information if it is associated to something you already know or remember. Of course, most times, I would associate their name with famous people. If it was a difficult or foreign name, this took a little more effort. Now there are some rules to this. You are going to have to make a picture of the subject and their associated link, whether it is another person, like someone famous, or an object. Some keys to helping you remember this picture by making it more vivid are; make your picture "out of proportion", "exaggerate your picture", try to "put action" into your picture. Now like anything else, the more you practice the better you get, but you will find this so easy and fun that it's a breeze. Make an absolutely absurd and preposterous picture and your chances of remembering are much greater. Since it was only names that I needed to remember I consistently used the same format. I would picture a famous person on the shoulders of my subject, like a chicken fight in the pool, or I would picture my subject giving a "piggyback ride" to that famous person. If a man's name was Richard, then I saw Little Richard being carried on that man's shoulders. And Little Richard wasn't just sitting quietly either! Little Richard was throwing glitter in the air and screaming "we gonna have some fun tonight". Get the idea? The more outrageous the picture, the better. So there you have it in a nutshell. And believe you me, with a little practice; you will not forget people's names.

About the Author

Copyright 2008 John Franco. John Franco has been directly involved in the Health & Fitness industry for close to thirty years. To read more tips and techniques like the one in this article, please visit us at <http://formenoverforty.blogspot.com>

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