

A9ACFMBRAINBUILDER™ - PRACTICE 3

The following **Bornstein BrainBuilder™** practice is designed to strengthen your brain's natural powers for memory and intelligence, and help you build your capabilities using your newfound talents and understandings!

This next practice will strengthen the **LINKING** method. As you read the following list of 16 words aloud, strive to make your story vivid, funny, outlandish, filled with action.

Recite the list forwards and backwards and then turn the page over and write the list from memory. In fact, do this with someone who attended and then test one another!

Each practice further hard-wires the tools so when you need to apply the method(s) to more pertinent content, your brain's innate memory power and focus are trained to respond and deliver the results you're after – reliably.

print out & handwrite the story below...

window
car
lake
matches
fire
radio
ball
tub
chess board
glasses
foot
popcorn
sudoku
nail
bed
computer

Time required to complete: 2-3 minutes with review.

From Day 2 ... some of my favorites submitted so far ...

Andrew: Accepting No Dull Responses, Either Way

Palm: Protecting All Lucid Memories