

# Memletics

## Accelerated Learning Manual

**Discover the high performance learning system that improves your memory and helps you learn faster**

**Sean Whiteley**

**Summary Version**

***Memletics will change the way you learn and remember.***

Based on the latest research through to 2003, Memletics combines much of what we know about accelerated learning into an easy-to-understand system.

This manual is the primary reference for Memletics. It's a practical guide to help you learn faster and increase your memory performance. Rich in examples (the word "example" appears over 300 times), you'll find many ways to improve your learning and memory in school, work, recreation or sports.

Some specific examples of what you will find in this book:

- Choose from over forty specific exploration techniques and over thirty reinforcing techniques (and many others).
- Understand the best state for learning. Read about some of the latest research on which dietary supplements can help improve memory. Learn how to avoid the ones that don't work.
- Learn the secrets behind expensive concentration and memory programs, and how you can get similar benefits at a fraction of the cost.
- Learn about software technologies such as SuperMemo and Mind Manager, and how you can use these for maximum effect in your learning.
- Learn how to use repetition effectively in your learning activities.
- Use the Styles Survey to find your stronger and secondary learning styles. Use that information to adapt your learning activities to suit your styles.

***About the author***

Sean Whiteley is an author, IT manager and pilot. He has been researching and using accelerated learning techniques for the past ten years.

Visit the Memletics website at  
<http://www.memletics.com>

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