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## ARCTFD - KELLEY LIZETH

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Learning to ski is not magic. You learn the best techniques and then practice them. If you're taught well, you're cruising down the slopes before you know it. Unleashing the incredible natural ability of your memory is exactly the same. You learn the best techniques and then practice them. And you can do it in very little time. Repeat after me -

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Step 1, Imagine you're memorizing a few states and their capitals from west to east. For the following steps in this method, we'll be trying to memorize these states and their capitals: For rote memorization, we simply repeat and repeat what we need to memorize

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