



How to Make an Awesome Mind Palace: A Crash Course to a Better Memory

Benjamin Branfman

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This is a short 8-page crash course on the basics of how to make a mind palace.

DISCLAIMER: I am a former student of psychology from Northwestern University, and I have successfully used the mind palace to improve my memory greatly. All of the techniques that I discuss here are accurately based in mainstream psychology, but of course I cannot guarantee that they will definitely work for every person. This is a short summary of basic techniques, not an authoritative report or treatise. I am not a doctor or a professional psychologist—I am someone who is especially knowledgeable of mind palaces through academic studies and personal experience.

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