

**How to SHARPEN YOUR MIND**



**and BOOST YOUR MEMORY**

## ***TABLE OF CONTENTS***

How to Sharpen the Mind

How to Sharpen Your Short Term Memory

The Road to Sharpening Your Meaningful Memories

Stop Saying "I Can't Remember That"

Using Your Mind To Sharpen Your Memories

Your Memory Backbone

Visualizing: Memory Key

Visualizing To Sharpen Your Short Term Memory

Visualizations: The Gateway To Short Term Memory

Conclusion

# ***WAYS TO SHARPEN YOUR MIND AND BOOST YOUR MEMORY***

## **How to Sharpen the Mind**

The memory is like a playground. On the playground, you have merry-go-rounds, swings, teeter-totters, basketball hoops, spiders, ball courts, slides, and so on. As you move around the playground in the mind, you will help ups and downs, highs and lows, slips and falls, hoops, and the like. The mind sometimes presents memories that are fun, while other times the memory sends us information we just want to forget.

The thing is our memories have all the information we gathered from birth until the age we are now. Unless you have a major disease, or else a disorder that presents you from memory, you have the ability to pull up information. Still, if you have mental disorders you can still recall memories, although the memories will likely be painful. This article is not geared to help those suffering Multiple Personality Disorders or Posttraumatic Stress Syndrome, which in fact are real disorders that affect the memory. However, if you can take advantage of any information giving to you, do so. Yet, consult with your therapists before attempting to use the information.

The key to regaining memory is to organize your thoughts, associating thoughts, general and specific thoughts and so on. Once you jot down the generals, you can move onto the specifics. Once you organize your thoughts, you will find it easier to locate information. You should also employ the body whereas you can join senses, feels, actions, words, and the like to help you locate information.

As you work to remember, use the mind to work through the memories and avoid working against your memories as they arrive. As you move along recall the details of the memories, while writing down the associated memories and details as they come along.

Using different strategies to call back memories can help you develop your long-term memory, which you will learn skills in keeping memories in the short-term mind. In other words, you will cultivate a pattern of remembering.

As you work through the memories make them mean something to you. These will you to appreciate memories that form in your mind. You can work toward creating memories that associate with the memories to alert you at what time a trigger is hit. As you introduce ideas to the brain that is new in form, it will help you to associate with older memories.

Action is one of the best strategies to enhance memory. In other words, use body signals with adrenaline flowing and energy is sparking as you practice to remember. It is always best to relax periodically as you work to remember. Sometimes the process of remembering could frustrate the average mind. Relax at what time you feel frustration moving in.

As you move into the practices of memory enhancement take time to create images in your mind. The images will help you to develop a live action scene in your mind. You can do this by creating diagrams on paper, draw pictures that entertain you and so on. As you draw, the pictures employ them into your memory-chasing scheme by connecting the illustrations to relationships and facts. Abstract conceptions along with connected relations will make it easier for you to recall memories.

Creation of images works with verbal data processed in the brain and if you combine the two, it makes it easier to find information. Reciting and repeating can also help you to recall information. You should repeat information aloud as you work to recall memories. This will help you find information sooner. Try to go in an area of the room where no one can distract your processing, otherwise information may come together at the wrong time.

## **How to Sharpen Your Short Term Memory**

Think of your mind as a blizzard. During the blizzard, information is tossed about. During the blizzard, new information coming along is blown away in the storm and scattered all around. Realize that the scattered information is blown in a local facility and if you wander around after the storm, you can find the information lost.

Now you can run down to the local Tasty Freeze and pick up a snow cone while you learn how to sharpen the short-term memory. Now you should feel comfortable, knowing that at what time it blizzards you will need to be resting in a warm environment. As you would pamper self during a blizzard to keep from freezing, or starving, also prepare and pamper your mind before learning or beginning the sharpen the short-term memory process.

The mind works best at what time it is relaxed. As stressors are low, the mind can process at the speed it works best at. In other words, stress only clouds the mind and it becomes blurring, since the blizzard storm in your mind has little room to see clearly.

What else can we do to sharpen the mind? Now that you are enjoying that snow cone, we can move onto previewing. As I studied the mind, and how to sharpen

the mind, I learnt that preview is second best to inspiration. If you don't have inspiration, you will hinder the mind from growing and learning.

Previewing is the process of preparing. Previews for instance are sneak previews into an entire scene. For instance, as you watch commercials on television presenting new and upcoming movies you get a preview. This tells you right away if the movie is something, you want to watch or leave alone. Unfortunately, studying doesn't permit you the option of deciding if you want to read or not. Therefore, preview your information first before probing into the learning process.

Hope you are bundled up next to a nice warm fire, especially if a blizzard is hitting your area. After you preview information, you will need to probe into the study. I am assuming that you are sharpening the mind to learn and grow, rather than to recall memories. Either way you can use the strategies to go any direction you choose. To help you prepare for previewing we can consider a list of states, and a trapper.

Alabama  
Alaska  
Arkansas  
Colorado  
California  
Connecticut  
Delaware  
Denver  
Florida  
Georgia  
Hawaii  
Illinois  
Indiana

Preview the list. You will notice that all but one from the list is states, while the other is a city in Colorado. After previewing the list, probe into studying the list so that you become acquainted with the order in which the list is written. After reading the list, review the list so that it registers in the short-term memory. Now repeat the list. Recite the list. Review the list again and cover the list to see if you can recite the list entirely in order. Starting with Alabama break down the list by reciting the alphabet, you will notice the states and city is listed in this order.

As you continue following the steps in sharpen the short-term memory you will soon recite each state in the US without a problem. Practice is essential as well as preparing to learn. If you clear up that blizzard in your mind, you will have plenty of room to learn, grow, and sharpen the mind.

Now try doing the same with the following list and gradually work to name each state and city listed in this chapter.

Kansas  
Kentucky  
Louisiana  
Louisville  
Maine  
Missouri  
Mississippi  
Montana

## **The Road to Sharpening Your Meaningful Memories**

When you think back on all the memories that you have, you will find that there are some that you would like to forget, and then there are some that you want to carry with you the rest of your life. As you walk down memory lane, you will find that it might get tough sometimes bringing up past memories but it is up to you to overcome them.

On the other hand there are times that we want to remember stuff but just can't. If you like to write, you should try to write down your memories so that in the end you will be able to have the whole story. This is not for everyone however, because some people despise writing at all. If you write the memories down it is very important that you look over them repeatedly so that you will be able to keep building a foundation for your memory. If you come across obstacles along the way it is, best that you remove the stumbling areas so whatever you can use will remove those blocks.

Remembering something that is special to you means a lot, I often take a stroll down memory lane just for the fun of it. I love looking back at all the fun times that I had with my friends at what time I was in school. I also have some memories that I don't want to forget and I don't want to remember. That's weird isn't it?

Let me tell you why I say this, at what time I was teenager I had a boyfriend that I cared a lot, about however he passed away right after we broke up. Even though at what time we broke up it was a mutual agreement I still felt bad at what time he passed away. I often found myself questioning whether it was my fault. And I knew it wasn't because I wasn't the man who pulled the trigger but it still seemed like it was a bad dream and that I played a part in it.

To tell you what happened just so that you know my boyfriend was shot by one of his friends while he was cleaning his gun. I never understood why you would clean a gun with a bullet in it and I probably never will but that memory was like a ghost that walked behind me for a very long time.

Then one day his mother told me to just sit down and think about everything that happened between us while we dated. So I did with her by my side and I found that there was not one time that we fussed or had a disagreement on anything and I was able to handle that. I also knew that the reason we broke up was because he was going to college, he didn't want to promise himself to me, and him be hundreds of miles away. So there was no reason, I couldn't remember the memories that we shared together.

This is a story written for you to see how old memories can pull up tools for sharpening the mind. The short-term memory is what you want to focus on, since the short-term memory holds information for a short time and passes it on. You can work to sharpen the short-term memory by pulling up old memories to cultivate new tools, and information that helps you to remember.

Other tools for sharpening the mind, includes repeating, writing, reciting, role-playing, reviewing, previewing, and writing some more.

### **Stop Saying "I Can't Remember That"**

Don't be the one to go through life saying that you can't remember something. Everyone has the ability to remember there memories, all they have to do is try. You need to put yourself in a positive environment and let your mind take control. If you think positive thoughts, then you can do anything that you want to do. The negative thoughts, is what holds the memory back from achieving.

At what time I joined the National Guard I thought that I wasn't going to be able to attend the drills because I couldn't stand someone getting in my face telling me what to do. After a while, though I was able to adjust to the environment that I was in and I was able to adjust to my drill sergeant hollering in my face. It took some time but I was able to block out the bad things that I was thinking and add the new things that would override the bad. Being in the army takes having a strong character because in the army you are just another number to them, you have to either learn how to handle it or drop out. Personally, my father was in the army so I didn't have any choice.

Every time that I would think about dropping out I could picture my father in the back of my mind saying "you can do it; you are just as good as everyone else." In return, every time that I did this I was sharpening my memory. My father's memories are what got me through the bad times and are what made me enjoy the good times.

Your mind sometimes has a mind of its own and you say things that you may mean but don't mean to express aloud. However, the words just slip out. In this case, your mind has stored how you think about that person or place and you are

just replying what you normally would say. That is another reason why sharpening your memory is a good thing to do. You don't want to always have a negative outlook on life, you want to be able to relate to everyone and not exclude anyone.

It is very important that you delete the bad stuff from your memories and only leave the good stuff behind. The more you look back on your memories the better you will have sketched into your memory that will be easier to pull up next time.

Sometimes bad memories can help us. In other words, the mind has a tendency to block out bad. As the mind blocks these bad memories, somewhere in the scene are memories that can help you to cope with the bad. Therefore, facing your memories and controlling your mind instead of fighting against the mind will help you to sharpen the short-term memory.

For instance, at the age of seventeen, I was brutally raped by four men, in which a woman set up the crime. My mind blocked these memories, refusing to deal with the pain, suffering, feelings, and the like. Thus, years later, I had difficult still coping with this incident, yet if I'd faced the disaster, I would have healed sooner. My mind would have grown and my memory would have sharpened.

Now, I look back at that time in my life, and although it hurts, I learnt valuable skills that made me the survivor I am today. All the bad things that happen to us are usable to our advantage. Therefore, stop saying you can't and say you can remember. Face those memories you don't want to face, regardless how bad the memories are so that you can learn and grow.

## **Using Your Mind To Sharpen Your Memories**

To recount memories, sharpen memory and so on, you will need to use your mind harder than the 10% or less that claims say we use our brain in the first place. In other words, you will need to take your mind to the limits. Is it possible? Sure, I am living proof.

The mind is our ultimate force that makes us or breaks us. Sure, we can employ our body to send messages, stay fit and so on, but behind our body is one powerful mind.

Inside the mind is a powerful habitat that gives us the chance to sharpen the mind. If you are taking drugs or drinking too much alcohol the mind will still give you another chance, however you are working against the mind. Stop that noise!

Think of it like this. Recall your favorite song. Think of the words in the song and see if you can sing it out loud. See what you come up with and go with it. If you



are able to sing the song aloud, recanting every word in the song, then you are doing well. Now, think. How did you use your mind to sing the song without missing a beat?

If you come up with repeating and reciting the song, then you are on track and ready to start sharpening your short-term memory. On the other hand, if you failed to see these tactics, then let's start over.

See how that works. Did I repeat myself? Well, golly shucks. I apologize for doing that. Anyway, what I was saying, listening to your favorite song and sing it without the music playing on your stereo. See how many choruses you can hit without busting a move. If you can't recant the song, play it repeatedly until you can sing the words aloud without hearing the singer and music playing. See if you can't recant that song while hearing the music, sounding off in your head.

Wait, what did you just tell me? You said you couldn't, do it. Take the apostrophe and T out of can't, turn it around, and tell you, you can do it. If you keep thinking negative, then how in the world can you sharpen your memory?

If you are going down a negative thinking path, then you are reading the wrong article, since you are going to have to put positive in your life to sharpen that brain of yours.

Now, I won't repeat it again. I said, play your favorite song. Shut it off and sound it in your mind. Sing it aloud. What are you coming up with? Oh, you have some lyrics and tunes in your head. Sorry, didn't mean to make you think. Anyway, thinking is a part of sharpening your memory.

The scores of people I hear say "I don't want to think" leaves me to wonder why in the world I am writing articles on sharpening the memory. Why in the world would someone want to sharpen their memory if they don't want to think in the first place?

Ok, you people are getting on my nerves. First, you don't want to think, and now you want help sharpening your memory. Why do we have to keep repeating this? Why do we have to keep reciting this? Why do we have to keep backtracking? Why do we have to keep role-playing? Why do we have to keep self-talking ourselves out of hearing, listening, thinking, feeling, touching, and the list doesn't stop here. What did I just say?

## **Your Memory Backbone**

Have you ever heard the phrase "memories are meant to last forever"? This phrase is very true, once something has struck your heart so dramatically, it is almost certain that you will never forget it.

Your brain works as a scrapbook for all your memories because your memories are stored there, just as the photos of your memories are stored in a scrapbook. To view the memories in your scrapbook, you have to look back through the book to recall them however, if you have the memories stored in your brain you can go through them and back track to improve your short-term memory. If memories are as important to you as they are to me, I know that you will take my advice, but before you do I would like the opportunity to tell you a little more about ways to sharpen your short term memory.

For those of you that don't know what backtracking is, I am going to tell you a little about backtracking to sharpen your short-term memory? A memory is a series of events that lead up to a specific situation that occurred. When you backtrack through your memory, you may or may not be able to remember exactly how things happened in that particular situation. So in order to get the full picture, you take mental along with writing down a few things that you may remember.

By taking these clues and putting them in order, you will be able to remember exactly what happened before and after the event. During the process you will see images pass through your mind, don't be alarmed by these images. The images that you see are stepping-stones for you to sharpen your memory. Every bit of information that you can recall plays a vital role in recovering your memory. Each piece of information will move you one-step closer to realize the point of the memory. When you are trying to sharpen your memory by backtracking, it is very important that you let your mind go freely that way you don't miss a piece of the puzzle.

In my opinion, your mind is you...by saying this I mean that your mind makes you who you are. Inside your mind lies the truth behind every skill that you possess. Your personality, thoughts, and beliefs are all located within your mind. All of these traits are displayed everyday through our actions and the words that we say. Everyday we deliver messages from the mind through different parts of our body. The good thing is that no one can read our mind. If they could...I would be in trouble. I often wonder what it would be like to be able to read someone's mind. But on the other hand, I wouldn't like to be able to read someone's mind because then I would know stuff that I really don't want to know...like the truth. Some thoughts are left to be unspoken.

Overall, when you are trying to rekindle your memories you need to make sure that you put one hundred percent of your effort into it. Your mind is a powerful ocean of emotion, inside your mind it rains and you cry, it storms and you rage

with anger, its sunny and you laugh with joy. All of these things make you who you are today. You are who you are and no one can change that. That is why it is important that you do everything you can to keep your memory in top-notch shape.

In order to backtrack accurately you are going to have to rethink, recite, and repeat and role-play. Backtracking is the process of putting certain things in place. It has worked for many people and it can work for you too. All you have to do is try, let your mind guide you through your past instead of you guiding it.

### **Visualizing: Memory Key**

Short-term memory is a storage compartment in the brain that stores memories for a very short time. Inside the short-term memory are small areas where everything you see, hear, smell, touch, taste and so on stores temporarily. The information captured by your eyes, ears, nose mouth and so on leaks through a channel of circuits and while you can't remember now, does not mean the memories are not still actively roaming about in your brain. In order to retrieve memories from the mind a trigger has to hit. In other words if a person says something associating with what you want to remember, or the television displays a picture that associates what you are trying to remember, thus you have a trigger.

Some of the best aids for calling up memories are using visualizations, imagery, associations and so on. You can use tactics such as organizing the thoughts to find specifics. As you find the specifics and categorize them, then start making the information meaningful, creating associations, learning the first time, relaxing, creating images, reciting and repeating, taking notes, reducing interferences, learning above average, escape traps, use strategies at peaceful hours, distribute your learning, alert, choosing, combine memory tactics, distract mind, note memories, use memories, and remember what you remember.

Consider the mind as a group of horses grazing in a pasture. Think of the horses each time they pass along a trail, considering the twigs, grass, and broken branches and the like trampled down. The short-term memory is those broken and tramped on elements in this visualization.

Neural traces are those twigs and other elements the horses have trampled on. Yet, while the memories are those elements they still exist and it takes tactics to pull them back to life. Ironically, the more the memories are frayed, the more likely you will pull them up along the way. For instance, if you buy a new computer it will take time for you to remember the keys, features and the like. After about a week your memory takes hold of your actions, observations and so

forth. The memory is then stored in the proper area of the mind, and each time you type on the computer you will know the keys and features.

Through the process of visualization, you can form images in the mind that will help you to associate with memories. Give it a shot.

Visualize yourself going back to a time in your life. For instance, you are traveling to a new area where the scenery is captivating. As you travel the path, you notice people, cars, sounds, smells, actions, grass, mountains, and so forth. Now in your mind you know that you have visited this area. Yet, you just can't pinpoint the time in your life you were there.

Travel down the road visually and mentally as you capture each detail in the picture. As you continue the process the imageries, gradually you will start to recall details that leads up to the memories. Start repeating the details so that you can connect by associating the timeframe with additional objects that come into play. Take note of each detail in the visual that appears important. Write it down.

Now you can move from the general thoughts and visuals up to the specifics. Once you arrive at this portion of the tactics to remember, you can jot down the general ideas or associations that help you move toward remember, and gradually work into the specifics.

As you discover associations and details, make them meaningful by relating each part of the details and associations to your thoughts. This will help you to formulate new information. As you move along continue the processes until all your memories come together.

## **Visualizing To Sharpen Your Short Term Memory**

Short-term memory is memories that your mind stores temporarily. Remember that even though you may not be able to remember something doesn't mean that it isn't there. In order for you to be able to remember something, you have to activate the memory. What I mean by that is that you have to hear something, see something, or smell something that triggers your memory. Your memory is mainly triggered by your senses, through your eyes, ear, nose, and mouth, yet the triggers are associating pieces of the memory.

One of the best ways to sharpen your short-term memories is by visualizing yourself in a scene. You can also use role-playing to act out these visions. Visualizations allow you to "be in the moment." What I mean by that is that you are able to actually place yourself in that particular memory. As you do that, you are able to see, hear, smell, and touch your surroundings. Even though they might not be right in front of you, your mind allows you to travel back to that

time so that you are able to see why that memory is so special. As soon as you are able to visualize your memories then you will be able to organize your thoughts and start building a foundation for your memories. Every time that you do something that you have done before your memory is going to be triggered. It is then up to you to see what made that memory come back to life.

At what time you learn something, your mind stores it for you so that you are able to go back and relate to that certain area of study. For instance, at what time you were a child your parents showed you how to ride a bike. Even though for the first couple of times you fell off and bumped your knee, after a while, you got the hang of things and you got on your bike and took off. As the years pass, although you haven't rode, a bike in a long while, you will still have the memory to ride the bike without problems.

Through learning from your mistakes, you were able to learn how to ride the bike again. Did you know that your mind was the reason that you were able to learn to ride that bike? Your mind allowed you to store the information that you learned each time that you fell off that bike and in return you were able to pull those memories up to make sure that you didn't make the same mistakes again.

Therefore, if you are studying for a test at school and fear that you will not remember the information you learnt, you are wise to practice. Instead of reading the entire pages of the studying material, you can actually glance at first sentences to decide what the information will deliver. This is not only a speed reading practice; it is also an effective strategy for sharpening short-term memories, and the mind as a whole.

At one time in my life, I was able to read an entire book and read it back to someone without even opening the book again. At the time, I could read a book, and ten years later detail the book to a listener. This is because as I read the book, I not only read the words; I put myself in the scenes. What an amazing strategy this proved to be, since I used speed-reading, while reading and knew the next story the book would tell.

## **Visualizations: The Gateway To Short Term Memory**

I believe that visions can help you sharpen your short-term memory. The reason I say this is that through visualization you are able to see things that aren't necessarily there but are stored in your mind. For instance, at what time we lose someone that is close to us, we use visualization to see that person after the person is gone. We look at pictures of them and it takes us to that particular moment in time that the loved one was with us. I believe that your visions can be source of healing in this particular situation. Still, some visualization is real life

images that drive you to the memories detail. Once you arrive at the detail, you can use associations to bring the memory to the front.

Visions are details of your memories. Visions hold the images that you remember, including thoughts, feelings, ideas, and the like. In order for you to be able to actually use visualization, you are going to have to be able to match the colors to the picture, use details to define the picture and use associations to connect the memories.

Visions can help you grow as well as sharpen your memories. Visions allow you to be able to see yourself at what time the memory took place. You will be shocked to visualize yourself then and now, you will realize that you yourself have changed. Take this for example, when I was younger I was a little trouble maker and I was a tomboy. However, now that I am older I am not a troublemaker and I am nowhere near being a tomboy even though I am still daddy's little girl. Visions of yourself can help you be a better person. If you look back on your memories and you don't like the person that you used to be you could use that to become a better person someone that you would want to be.

Let me take you for a walk on the beach and see what memories come to your mind. Picture yourself walking along the sandy shore barefooted as the sand gathers in between your toes. The hot sun is shining down on the sand making it feel like it is being preheated. The ocean, waves roll in one after another pounding at the shoreline, making ghostly white foams appears along the shoreline. You can see sailboats and jet skis shortly off shore; there are sea gulls everywhere and as you walk, they fly around you as if you are in a blizzard. There are dolphins jumping at the end of the pier giving you a feel of freedom. Now ask yourself a question, how this makes you feel. How does the waves in the background make you feel, how does the seagulls make you feel as you walk along the beach, do you enjoy being there, have you been there before, can you actually put yourself in that position?

Use the visualizations to consider past and present memories. This will help you recount events that took place in your life. If you can take these visualizations to the limits to develop and sharpen your short-term memories, you are one-step closer to using visualizations to sharpen the mind.

Other helpful tips for sharpen short-term memory includes, repeating, reciting, reviewing, previewing, writing thoughts down, and so forth. Writing is the best gift in the world for sharpening the mind, as well as healing the soul.

Some of our memories could be painful, which makes it difficult to face those memories that come to mind. Writing will help you to learn to cope, since blocking the memories, or fighting against the memories only sets the mind in a wrong direction.

## **Conclusion**

This is the last chapter on how to sharpen the short-term memory; therefore, we are going to have a bit of fun. Let's go out with a bang!

Read that sentence one more time and see if you can read between the lines? What did you get from the sentence the second time you read it? Did you see that the mind remembers well, information that leaves an impression? Did you see that the memory could recall details of impacting statements, events, and so forth? If you didn't see it, read the sentence again.

Now read the second paragraph. What do you get from the lines in between? Did you recognize that you were repeating, which is a helpful tool in sharpening the mind? Did you see that you sometimes need to paraphrase, recite, and recall information to learn and sharpen the mind?

If not read the last sentence again. Oh, so I am getting on your nerves now, hey. Well, that is not my purpose. By the way, this makes me think what your purpose is as you read this article. Do you have a purpose? Did you know you need a purpose in all areas of life to function properly? Did you know you need to make your purpose meaningful to achieve your mission? If you didn't read this sentence again until it starts to digest and hit the long-term memory.

Now write me a checklist as you take quality notes. I want a list of efforts you are willing to put into sharpening your short-term memory. I want facts, purpose, goals, efforts, tools, and the like written down in specifics. I am going to write my own checklist to show you how it works.

First:

I am inspired to sharpen my memory.

My purpose is to sharpen my memory by pulling resources together, using tactics, and whatever it takes to reach my goal.

What I learn will become meaningful to me, since if it has no meaning, what's the purpose.

I will put forth every effort it takes to sharpen my short-term mind, while continuing to use the tools throughout the course of my lifetime to keep my memory sharp.

The tools I will use are my own inspiration, organizing of the mind, coordination of the mind, as well as other tools. Other tools I will use are repeating when I feel like the mind has not grasp the meaning. I will use reciting to verify I understand what I learn. I will learn to use visualization as a tool to help me clarify my comprehension of what I learn. I will paraphrase when details are unclear to my mind. I will review to make sure I clarify what I learn. I will preview before

probing into information, since I am aware it is a preparing of the mind to digest new information.

I will arrive at destinations early than scheduled if I am to appear at a gathering where learning takes place. As I sit and listen I will concentrate on the talker, and clarify information delivered by using my paraphrasing, reciting, repeating and other tools. I will learn to role-play scenes to help me grasp a deeper meaning, as well as learn to reconstruct my mind (building mind) so to prepare, practice and help the mind learn new patterns.

I will learn associations and how they will help me to reconnect memories. I will learn to realize that associations are triggers that target a specific memory and will work toward accepting my memories as they come along without dismissing them. I will learn to remove trappers and interruptions, so that my mind is free to learn and remember.

Do you get it? If not read this information again.

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