I'm not a robot



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For most of us, our memories are filled with the minutiae of our personal lives. We tend to remember that relatively unimportant time we went to McDonald's with our grandma for years, while information learned in high school about the U.S. Constitution slips away just months (if we're being optimistic) after learning it. For people with highly
superior autobiographical memory (HSAM), it's even more dramatic. People with hyperthymesia, as it's often called, can remember back to things that happened to them in the crib, and can often recall in great detail every single event they've
experienced, no matter how minor, from the point when they were 10 or 11 years old. They can remember that the U.S. invaded Iraq on a Wednesday in March 2003. They can probably remember what they had for breakfast that day, too, and whether or not they felt tired. Here are nine things you might not know about the rare condition.1. IT'S A
POPULAR DOCUMENTARY SUBJECT. Hyperthymesia has been the subject of a 60 Minutes special, a Channel 4 documentary in the UK, and countless newspaper and magazine reports (including our own). In 2010, Brad Williams (a one-time Jeopardy! contestant) became the star of his own documentary, Unforgettable, directed by his
brother. Superior memory is also a popular topic in fiction. The classic example of hyperthymesia in literature may be Jorge Luis Borges' short story "Funes the Memorius," in which the main character suffers a head injury that results in the ability to remember everything in exquisite detail. Hyperthymesia has also been featured in young adult books,
been a plot point on House, and used to characters' advantages on crime-solving TV shows like Unforgettable. And yet ... 2. SCIENTISTS HAVEN'T KNOWN ABOUT IT FOR LONG. The first case was reported in the journal Neurocase in 2006. It described "AJ," a woman who can recall events and dates from her life with incredible accuracy.
Researchers from the University of California, Irvine spent five years interviewing her and testing her abilities before the paper went to press. The patient later revealed herself to be a woman named Jill Price. She published a memoir about her life with hyperthymesia in 2009. 3. IT'S EXCEEDINGLY RARE. At this time, there are only a handful of
individuals in the world who have ever been diagnosed with hyperthymesia, and scientists still don't know exactly how it works. Some studies have behavioral components. However, since so few people are diagnosed with HSAM
it's difficult to study the condition.4. IT'S A SELECTIVE GIFT. Price, who can instantly recall the day of the week and what she was 14 years old, told researchers that she couldn't apply her superior memory skills in school. She reported having "great difficulty with rote memorization," telling the
researchers that "it [meaning her memory] doesn't work that way. I had to study hard. I'm not a genius." One day in the lab, researchers asked her to close her eyes and recall what clothes she was wearing that day. She couldn't remember.5. IT USUALLY INVOLVES A SUPERIOR MEMORY FOR DATES. Hyperthymesia involves more than just
remembering everything that happened to you; it's also about remembering exactly when it happened. For instance, Price can label what day of the week virtually any calendar date fell on. Given a specific date, like "March 19, 2003," a 20-year-old hyperthymesiac called HK can remember that it was a Wednesday, what the weather was like, and what
he did that day from getting up to going to bed. When asked how he remembered dates and events so clearly, he told the researcher, "They just come into my mind. I can just picture it as if I was there again. Especially when anniversaries come around. That day of the anniversary, I just think back to what I was doing, what the weather was like, who I
was with, and so-and-so. I just remember it."6. IT MAKES THE PAST FEEL LIKE THE PRESENT.HK sees most of his memories happening in the first person, "through his eyes," as he describes it—even though he's blind—as if it were happening in the first person, "through his eyes," as he describes it—even though he's blind—as if it were happening in the first person, "through his eyes," he said. "But when I think about something from the
past, an event or something, I fell like I am right back in that situation. There really is no difference in when it happened and when I remember it."7. IT MAKES MEMORIES FROM YEARS AGO FEEL EMOTIONALLY INTENSE.Louise Owen, a hyperthymesiac interviewed by 60 Minutes in 2010, had a strong reaction when the reporter brought up an
unhappy day from her past: Just the mention of a sad day, like the one in 1986 when Owen learned she'd have to change schools, and she relives it emotionally. "I felt like my whole world was collapsing. And you say that and it's like all of a sudden I feel like this really heartbroken little 13-year-old all over again," she explained. She said the feeling was
vivid and awful, even after all these years. "I mean, my heart is actually pounding right now in telling you this," she told [reporter Lesley] Stahl.8. IT CAN BE A BURDEN AT TIMES. Owen described some of the darker aspects to her gift to 60 Minutes. "Sometimes, having this sort of extreme memory can be a very isolating sort of thing," she said.
"There are times when I feel like I'm fluent in a language that nobody else speaks. Or that I'm walking around and everybody else has amnesia." She is constantly reliving moments from her personal history. Some, like cognitive psychologist Gary Marcus, who interviewed
Price for WIRED magazine, points out that people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with people with Superior autobiographical memory share some traits with superior autobiographical memory share some traits with superior autobiographical memory share some traits and superior autobiographical memory share share
susceptible to false memories. Hyperthymesiacs were just as suggestible as the control group to incorrectly remembering nonexistent news footage, for instance. FacebookXRedditLinkedInTumblrPinterestEmail Memory, and
working memory. Memory is a process in your brain that enables you to collect, store, and recall information from your senses and experiences and store it long term in your brain. Experts have studied and explained memory from various
perspectives, and each has a unique way of describing how it works. For example, some experts focus on memory duration (short term and long term), while others frame memory based on the type of information you store and how you use it. Here are a few ways to describe the various types of memory. Short-term memories stick with you for a limited
amount of time. You might retain the information for seconds, minutes, or hours, but your brain doesn't necessarily save it for recollection years down the road. Examples of short-term memory include: recalling a phone number just long enough to dial itacknowledging the sound of a bird in the yard remembering that you placed the cap of the
toothpaste on the back of the sink after you brush your teethLong-term memory involves the information your brain stores for extended periods of time. There are two primary types of long-term memory that involves consciously recalling information. Implicit (non-
declarative) memory: Implicit memory is a type of long-term memory that involves unconscious recollection of information. Examples of long-term memory is the short-term storage
of information for immediate use in decision making, problem-solving, and task performance. Examples of working memory include: doing mental mathholding a conversation in a coherent wayfollowing a recipe when cookingmultitaskingSensory memory is a type of short-term memory that involves your perception of sights, smells, sounds, tastes, and
tactile feelings in your environment. These memories stick around for only a fraction of a second, and they help you draw in-the-moment conclusions about the world around you. Examples of sensory memory include: recalling the last word someone just saidlooking away from the billboard across the street and briefly retaining the image it
showsacknowledging a familiar scentbriefly retaining the sensation in your finger after getting shocked with static electricity Prospective memory is the ability to remember to carry out future tasks or keep previously planned obligations. It's considered a core neurocognitive ability that contributes to independent function. Examples of prospective
memory include:recalling that you have a doctor's appointmentremembering to grab your car keys and cellphone before you leave your homeremembering to return a phone call you received earlier in the dayLong-term implicit memories that relate specifically to skills are procedural memories. These memories are usually learned through practice or
repetition until you don't have to consciously think about them to perform them. Examples of procedural memory is a type of long-term memory. It's your ability to assign meanings to words, events, objects,
people, and places and to remember those meanings. Examples of semantic memory include: knowing geographical locations remembering celebrities and the movies they've starred inassociating certain dates with their historical events knowing what a word meanings. Examples of semantic memory include: knowing geographical locations remembering celebrities and the movies they've starred inassociating certain dates with their historical events knowing what a word meanings. Examples of semantic memory include: knowing geographical locations remembering celebrities and the movies they've starred inassociating certain dates with their historical events knowing what a word meanings. Examples of semantic memory include: knowing geographical locations remembering celebrities and the movies they've starred inassociating certain dates with their historical events have occurred and the movies they've starred inassociating certain dates with their historical events have occurred and the movies they are the movies they are the movies and the movies and the movies are the movies are the movies and the movies are the m
throughout your life. These memories are often detailed. Unlike semantic memories, which also allow you to remember people or places from the past, episodic memory include:remembering your 14th birthday partyrecalling your nerves during a
past job interviewremembering how you looked on your wedding dayAll types of memory are important and have a role to play in your overall function and cognitive processes. But in general, long-term memory types are sometimes seen as more crucial because they hold indefinite information and guide meaningful decisions and behaviors over
time. Short-term memories are also important, but they're temporary by nature. There are many types of memory, which are often categorized based on different theoretical frameworks of time and usage. In general, memories can be long term or short term. Working memory are examples of short-term memory processes, while
episodic memory and semantic memory are examples of long-term memory processes. Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we
ensure our content is accurate and current by reading our editorial policy. David RobsonFeatures correspondentiStockA handful of people can recall almost every day of their lives in enormous detail - and after years of research, neuroscientists are finally beginning to understand how they do it. For most of us, memory is a kind of scrapbook, a mess of
blurred and faded snapshots of our lives. As much as we would like to cling on to our past, even the most poignant moments can be washed away with time. Ask Nima Veiseh what he was doing for any day in the past 15 years, however, and he will give you the minutiae of the weather, what he was wearing, or even what side of the train he was sitting
on his journey to work. "My memory is like a library of VHS tapes, walk-throughs of every day of my life from waking to sleeping," he explains. Veiseh can even put a date on when those reels started recording: 15 December 2000, when he met his first girlfriend at his best friend's 16th birthday party. He had always had a good memory, but the thrill of
young love seems to have shifted a gear in his mind: from now on, he would start recording his whole life in detail. "I could tell you everything about every day after that." My memory is like a library of VHS tapes, walk-throughs of everything about everything
neuroscientists hoping to understand the way the brain records our lives. Quick explanations - such as the possibility that it may be associated with autism - have proven to be unfounded, but a couple of recent papers have finally opened a window on these people's extraordinary minds. And this research might even suggest ways for us all to relive
our past with greater clarity.iStockJill Price kept a diary to try to lay her intrusive memories to rest. As a bonus, her notes have now allowed scientists to verify her claims (Credit: iStock)'Highly superior autobiographical memory' (or HSAM for short), first came to light in the early 2000s, with a young woman named Jill Price. Emailing the
neuroscientist and memory researcher Jim McGaugh one day, she claimed that she could recall every day of her life since the age of 12. Could he help explain her experiences? Intrigued, McGaugh invited her to his lab, and began to test her: he would give her a date and ask her to tell him about the world events on that day. True to her word, she was
correct almost every time. Luckily, Price had also kept a diary throughout that period, allowing the researchers to verify her recollections of personal incidents too; again, she was right the vast majority of the time. After a few years of these sporadic studies, they decided to give her a further, spontaneous test: "Name the dates of every single time.
you've visited our lab". In an instant, she reeled off a list of their appointments. "None of us was able to recall this list," McGaugh and his colleagues noted, but comparing her account with their own records, they found that she was absolutely accurate. It didn't take long for magazines and documentary film-makers to cotton on to her "total recall",
and thanks to the subsequent media interest, a few dozen other subjects (including Veiseh) have since come forward and contacted the team at the University of California, Irvine. During one of his visits, Veiseh's memory proved to be so accurate that he even found himself correcting the scientists' test about the exact date that Michael Phelps won
his eighth gold medal in the 2008 Beijing Olympics. Sometimes I don't remember what happened five minutes ago, but I can remember a detail from 22 January 2008 - Bill, who has HSAMIntriguingly, their memories are highly self-centred: although they can remember "autobiographical" life events in extraordinary detail, they seem to be no better
than average at recalling impersonal information, such as random lists of words. Nor are they necessarily better at remember a detail from 22 January 2008," explains "Bill", who asked us not to use his full name to avoid unwanted attention
And although their memories are vast, they are susceptible to some of the mistakes we all make: in 2013, Lawrence Patihis (now at the University of Southern Mississippi) and colleagues found that people with HSAM still suffer from "false memories". They can be primed to remember world events that never actually occurred, for instance. Clearly,
there is no such thing as a "perfect" memory - their extraordinary minds are still using the same flawed tools that the rest of us rely on. The question is, how?Getty ImagesHSAM may be a form of expertise, like music or sport - except their specialist subject turns out to be their own life story (Credit: Getty Images)Some clues come from observing the
way their memories evolve over time. Craig Stark at the University of California, Irvine recently questioned HSAM subjects one week, one month and one year after events in their life to see how their memories of events change over time. He thought, for instance, that HSAM subjects begin at a richer starting point, encoding more details as soon as
an event has occurred. In reality, the differences only emerged months down the line: whereas for the events were still just as fresh. "It must be something about the way they hold on to the information that the rest of us aren't doing," Stark says. Disappointingly, brain scans
have failed to reveal any huge anatomical differences that might explain how this occurs. "It's not like they had some extra lobe or a 'third' hemisphere of the brain," says Stark. True, they could spot some signature characteristics, such as additional wiring between the frontal lobes (involved in analytical thought) and the seahorse-shaped
hippocampus towards the side of the skull, an area thought to be our memory's "printing press". But it was perfectly possible that this was the result of their skills, and not the cause: after all, practising any skill, be it music, sport, or a language, can lead the brain to build more efficient neural networks. "It's a chicken or egg kind of thing," says
Stark. They scored particular highly on 'fantasy proneness' and 'absorption' Instead, the key seems to lie in more general thinking patterns and habits. Patihis recently profiled around 20 people with HSAM and found that they scored particularly highly on two measures: fantasy proneness and absorption. Fantasy proneness could be considered a
tendency to imagine and daydream, whereas absorption is the tendency to allow your mind to become immersed in an activity - to pay complete attention to the sensations and the experiences. "I'm extremely sensitive to sounds, smells and visual detail," explains Nicole Donohue, who has taken part in many of these studies. "I definitely feel things
more strongly than the average person."The absorption helps them to establish strong foundations for a recollection, says Patihis, and the fantasy proneness means that they revisit those memories again and again in the coming weeks and months. Each time this initial memory trace is "replayed", it becomes even stronger. In some ways, you probably
go through that process after a big event like your wedding day - but the difference is that thanks to their lives. Not everyone with a tendency to fantasise will develop HSAM, though, so Patihis suggests that something must have caused them to think
so much about their past - as opposed to films or aeroplanes, say. "Maybe some experience in their childhood meant that they became obsessed with calendars and what happened to them," says Patihis. The subjects themselves find it hard to put their finger on the trigger, however; Veiseh, for instance, knows that his HSAM began with meeting his
first girlfriend, but he still can't explain why she set it off. Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the pain of the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the past (Credit: Getty ImagesAn extraordinary memory can make it hard to escape the past (Credit: Getty ImagesAn extraordinary memory memory memory me
that may encourage the active, detailed rehearsal seen in the HSAM subjects, to see if it improves later recollection. There's already some evidence that this may be effective: one recent study found that simply replaying an event in your head for a few seconds, immediately after it had happened, led to stronger recall a week later. (Read BBC Future's
"Improve your memory in 40 seconds".) In reality, Stark compares it to exercise: the idea of a super memory might be nice in theory but harder to put in practice. "Look, many of us could also have fit, athletic bodies. There are great motivations - yet few of us do it." Imagine being able to remember every painting, on every wall, in every gallery space,
between nearly 40 countries - Nima VeisehThe people with HSAM I've interviewed would certainly agree that it can be a mixed blessing. On the plus side, it allows you to relive the most transformative and enriching experiences. Veiseh, for instance, is something of a polymath. He travelled a lot in his youth to compete in international taekwondo
competitions, but in his spare time, he visited the local art galleries, and perhaps because his love of art is entwined with his identity, the painting, on every wall, in every gallery space, between nearly 40 countries," he says. "That's a big
education in art by itself." With this encyclopaedic knowledge of the history of art, he has since become a professional painter, under the moniker "Enigma of Newyork". Similarly, his memory may have also aided his other career as a doctoral researcher in design and technology, he thinks, by helping him to absorb a vast body of knowledge.iStockOne
man with HSAM used his extraordinary recall to absorb thousands of paintings, which helped during certain parts of her education: "I can definitely remember what I learned on certain days at school. I could imagine what the teacher was
saying or what it looked like in the book."Not everyone with HSAM has experienced these benefits, however; Price "hated" school and as a result, seemed not to be able to access the information still has to be personally important for it to stick. It can be very hard to forget embarrassing moments. You can't
turn that stream of memories off, no matter how hard you try - Nicole DonohueViewing the past in high definition can also make it very difficult to get over pain and regret. "It can be very hard to forget embarrassing moments," says Donohue. "You feel same emotions - it is just as fresh... You can't turn off that stream of memories, no
matter how hard you try." Veiseh agrees: "It is like having these open wounds - they are just a part of you," he says. This means they often have to make a special effort to lay the past to rest; Bill, for instance, often gets painful "flashbacks", in which unwanted memories intrude into his consciousness, but overall he has chosen to see it as the best way
of avoiding repeating the same mistakes. "Some people are absorbed in the past but not open to new memories, but that's not the case for me. I look forward to the each day and experiencing something new." Veiseh even thinks his condition has made him a kinder, more tolerant person. "Some say 'forgive and forget', but since forgetting is a luxury is a l
don't have, I need to learn to genuinely forgive," he says. "Not just others, but myself as well." David Robson is BBC Future's feature writer. He is @d_a_robson on twitter. Join 500,000+ Future fans by liking us on Facebook, or follow us on Twitter, Google+, LinkedIn and Instagram. If you liked this story, sign up for the weekly bbc.com features
newsletter, called "If You Only Read 6 Things This Week". A handpicked selection of stories from BBC Future, Earth, Culture, Capital, Travel and Autos, delivered to your inbox every Friday. Reviewed by Psychology Today Staff A person's memory is a sea of images and other sensory impressions, facts and meanings, echoes of past feelings, and
These forms of memory, which can overlap in daily life, have also been arranged into broad categories. Memory that lingers for a moment (or even less than a second) could be described as short-term memory. Memory experts have also
distinguished explicit memory, in which information is consciously recalled. When a person recalls a particular event (or "episode") experienced in the past, that is episodic memory. This kind of long-term memory brings to attention details about
anything from what one ate for breakfast to the emotions that were stirred up during a serious conversation with a romantic partner. The experiences conjured by episodic memory of information that forms part of a person's life story. However,
while autobiographical memory includes memories of events in one's life (such as one's sixteenth birthday party), it can also encompass facts (such as one's birth date) and other non-episodic forms of information. Episodic memory includes remembering... • The details of a phone call you had 20 minutes ago • How you felt during your last argument
What it was like receiving your high-school diploma Semantic memory is someone's long-term store of knowledge: It's composed of pieces of information such as facts learned in school, what concepts mean and how they are related, or the definition of a particular word. The details that make up semantic memory can correspond to other forms of
memory. One may remember factual details about a party, for instance—what time it started, at whose house it took place, how many people were there, all part of semantic memory—in addition to recalling the sounds heard and excitement felt. But semantic memory can also include facts and meanings related to people, places, or things one has no
direct relation to. Semantic memory includes remembering... • What year it currently is • The capital of a foreign country • The meaning of a slang term describes long-term memory for how to do things, both
physical and mental, and is involved in the process of learning skills—from the basic ones people take for granted to those that require considerable practice. A related term is kinesthetic memory, which refers specifically to memory for physical behaviors. Procedural memory includes remembering... • How to tie your shoes • How to send an email
How to shoot a basketball The terms short-term memory and working memory are sometimes used interchangeably, and both refer to storage of information for a brief amount of time. Working memory specifically involves the temporary storage of information
that is being mentally manipulated. Short-term memory is used when, for instance, a statistic, or some other detail is consciously processed and retained for at least a short period of time. It may then be saved in long-term memory, or it may be forgotten within minutes. With working memory, information—the
preceding words in a sentence one is reading, for example—is held in mind so that it can be used in the moment. Short-term memory includes remembering... • The appearance of someone you met a minute ago • The current temperature, immediately after looking it up • What happened moments ago in a movie Working memory includes
 remembering... • A number you have calculated as part of a mental math problem • The person named at the beginning of a sentence • Holding a concept in mind (such as ball) and combining it with another (orange) Sensory memories are what psychologists call the short-term memories of just-experienced sensory stimuli such as sights and sounds
The brief memory of something just seen has been called iconic memory, while the sound-based equivalent is called echoic memory, and to exist for the other senses as well. Sense-related memory of how
objects are organized in space—tapped when a person remembers which way to walk to get to the grocery store. Auditory memory, olfactory memory, and haptic memory includes remembering... • The sound of a piano note that was just
played • The appearance of a car that drove by • The smell of a restaurant you passed Prospective memory: It means recalling an intention from the past in order to do something in the future. It is essential for daily functioning, in that memory is forward-thinking memory: It means recalling an intention from the past in order to do something in the future. It is essential for daily functioning, in that memory is forward-thinking memory: It means recalling an intention from the past in order to do something in the future. It is essential for daily functioning, in that memory is forward-thinking memory: It means recalling an intention from the past in order to do something in the future. It is essential for daily functioning, in that memory is forward-thinking memory is forward-thinking memory is forward-thinking memory.
their plans and meet their obligations when the intended behaviors can't be carried out right away, or have to be carried out routinely. Prospective memory includes remembering... • To call someone back • To stop at the drugstore on the way home • To pay the rent every month Ever wonder why one song can lift your spirits while another brings you
to tears? Here's how to use that power on purpose to shift your mood, spark memory collector in real life might be practicing mindfulness. Dete Meserve shared insights into memory and grappling with the past based on her latest novel. The secret to being a memory collector in real life might be practicing mindfulness.
memory collector in real life might be practicing mindfulness. Dete Meserve shared insights into memory and grappling with the past based on her latest novel. Knowing how your memories - just one of the many intriguing implications of the "peak end rule". In public speaking, archetypes can evoke
universal themes and tap into the collective unconscious of the audience. How Nostalgia Jumpstarted Connections for Me Personal Perspective: Lately, I've noticed Gen Z seems obsessed with the 1980s—my time. By exploring that, I realized some old things I could use to make my life now even better. Personal Perspective: Lately, I've noticed Gen Z
seems obsessed with the 1980s—my time. By exploring that, I realized some old things I could use to make my life now even better. Your body remembers what your mind forgets. Discover how trauma lives in your cells and the breakthrough therapies that can help heal these hidden wounds at their source. Your body remembers what your mind forgets.
forgets. Discover how trauma lives in your cells and the breakthrough therapies that can help heal these hidden wounds at their source. Personal Perspective: An early recollection steeped in joy sets the stage for a lifetime propensity for delight and connection. The brain's memory compression causes the recent past to feel similar across ages,
explaining why we often don't sense our age despite the passing years. The brain's memory compression causes the recent past to feel similar across ages, explaining why we often don't sense our age despite the passing years. The brain's memory compression causes the recent past to feel similar across ages, explaining why we often don't sense our age despite the passing years. The brain's memory compression causes the recent past to feel similar across ages, explaining why we often don't sense our age despite the passing years.
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such as publicity, privacy, or moral rights may limit how you use the material. If you're looking for how to describe a person with elephant-like abilities. Moreover, we'll explain a few favorites from our list and give you examples using
each, so read on! Retentive Memorious Mnemonist Eidetic Recollective Attentive Tenacious Mindful Thoughtful Enduring If a person remembers things well. You can use the word "memorious" to compliment someone with a good
memory, although this term is not well known. Keep reading to learn more about the meaning behind our favorite synonyms for someone with a good memory. We'll even provide some example sentences using each alternative! If you're looking for a word for someone who remembers things to a very impressive degree, a popular choice is "retentive."
Firstly, Merriam-Webster defines "retentive" as "having the power, property, or capacity of retaining knowledge easily." Therefore, when someone has no problem remembering facts, dates, or other information, you can call them "retentive" is
very tonally neutral. It can be used to describe a person factually and doesn't really have any positive or negative connotations. In other words, it is not a compliment so much as a simple observation. Nonetheless, if you want to see this term in action, consider the example sentences below: Boikanyo is very retentive when it comes to historical facts
so we've tried to convince her to go on a quiz show! Klaus has a very retentive memory, but only for the song lyrics of niche Nordic metal bands. A "mnemonist" is someone with a great memory. In fact, the Collins dictionary defines this phrase, quite literally, as "a person who has exceptional memory." More accurately, "mnemonist" is a word to
describe someone who is very skilled at using mnemonic devices to retain and recall things. A mnemonic device is a learning technique that helps you create pathways in your brain. In school, your teacher may have used a song, an acronym, or a poem to help you retain information. That would be a mnemonic device! Therefore, if you became
especially good at using mnemonic devices to retain things, you could call yourself a "mnemonist." Finally, to see this term in action, let's look at a couple of example sentences: A skilled mnemonist had its limitations - in this line of work, it's about
knowing how to use facts to further your argument rather than simply being able to recall them. If you're looking for what to call someone who remembers everything, we would recommend the word "memorious" is certainly a real word. In fact, according to the Online Etymology Dictionary, it dates back to the 1590s and
means "having a good memory." However, it is not a very well-known term, and you can't find it in most popular English dictionaries. Therefore, we would recommend using this word isn't popular doesn't mean it shouldn't be. Moreover, the best
way to bring it into the mainstream is for more people to learn about it. Therefore, let's see a few examples making use of this term so that we can work together in bringing it back into the public vocabulary: Daniel isn't our best public speaker, but he's highly memorious and he will be a real help to the team if they are given an unfamiliar or
complicated topic. If humans were more memorious, there'd never be another war. Basically, as the title says. Is there a word to (best) describe someone who sees and remembers every single thing? 8 When someone has a good memory, you might want to come up with a good word to describe them. Unfortunately, there aren't too many suitable
choices out there. Still, this article will explore some of the best options available to you. The preferred synonyms are "eidetic," "photographic memory," and "mnemonist." These words show that someone has a talent or a knack for remember things in
the same way. "Eidetic" works well to show that someone can remember exactly how things happened and what they felt when those things took place. You can use this word when you want to show that someone is able to remember exactly how things happened and what they felt when those things took place. You can use this word when you want to show that someone is able to remember exactly how things happened and what they felt when those things took place. You can use this word when you want to show that someone is able to remember exactly how things happened and what they felt when those things happened and what they felt when they fel
people an edge when it comes to exams or questions that relate to topics they've previously learned about (since they won't forget what they learned). The definition of "eidetic," according to The Cambridge Dictionary, is "an eidetic memory is the ability to remember things in exact detail as if you can see them in your mind." I have an eidetic
memory, which means I don't forget a lot of things that happen in my life. It's both a blessing and a curse. I'm not sure if his eidetic memory is great, but you need to start revising more. You need to show that you can get the
grades you deserve. "Photographic memory," though many people rank "eidetic memory," though many people rank "eidetic" as the more superior form of recollection. Someone with a photographic memory is able to remember exact details from their past. The idea here comes from taking photographs. It implies that your mind is able to take
photographs of past events and memory," according to The Cambridge Dictionary, is "if you have a photographic memory, it's really easy to remember things in exact detail." With a photographic memory, it's really easy to remember things in exact detail."
every little detail about our relationship. I know everything that's happened. I can always rely on my photographic memory to help me through trivia nights. I know every answer when it's something from my past. You'll find that he has a bit of a photographic memory. It can be a bit annoying at first but just go with it. "Mnemonist" works when you
want to show that someone is capable of remembering a lot of detail. They usually have specific ways of doing this, like singing in a specific tune or reciting a poem that allows them to unlock their memory. The definition of "mnemonic," according to The Cambridge Dictionary, is "something such as a very short poem or a special word used to help
person remember something." From this definition, you can use "mnemonist" to show that someone uses these tricks and special words to help them remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in their lives. It shows that someone is capable of remember things in the shows the sho
that I know other people struggle with. I can recite Pi to a hundred places. Being a mnemonist was never easy. I had to do a lot of practice, but I found out how to do or say something. It's quite impressive. "Hyperthymesia" is the ability to recall
things from your past with great accuracy. It's known as having a "highly superior autobiographical memory," which allows you to pinpoint past events in your life exactly as they happened. For most people, the past stays in the past. While memories allow for certain things to be remembered, most memories end up being a passing blur. When
someone has hyperthymesia, their memories are as clear as the day they lived through them. I have hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them. His hyperthymesia, which makes it easy for me to remember things that have happened in my past. I can always go back to them.
wants to be tested for hyperthymesia because she reckons she can remember just about everything that happens in her life. "Autobiographical memory" is another good phrase. This one comes from the idea of hyperthymesia, which shows that someone has a superior ability that allows them to recall past events in their lives. The idea comes from
autobiographies. Autobiographies are books written by people about their personal lives and what happened in your past. Even my parents can't remember most of the
things I can.I like having an autobiographical memory. It's made it so much easier for me to write this book about my past and the things I've done.I know you have an autobiographical memory, and I need you to use that. There's something in your past I need to know about. "Good memory" is a fairly common way to refer to someone who has a good
memory. You don't always need to rely on a specific word or synonym. Sometimes, using the "good" adjective is best. The problem with saying that someone has a good memory" to be used. He has a particularly good memory. Maybe
you can ask him about it to find out whether he remembers what your code is. I'm not sure if you have as good a memory gets her through college quite easily. She doesn't have to revise any of her main subjects. "Fantastic memory" is another phrase you
can use to show that someone's memory is better than most. Again, it's not common to use words or idioms that directly relate to having a good memory, which is why "fantastic" can come before "memory" and "brilliant memory" are other good
examples of what adjectives you can use. You have a fantastic memory, but I don't think you utilize it enough. You need to start showing the world what you can use. You have a fantastic memory is what you depend on, but you can't do that forever. One of these days, you'll have to work hard. They both have fantastic memory is what you can't do that forever.
everything about their pasts, and it makes for interesting conversations. "Recollective" comes from the idea of "recollection." It's an adjective that describes someone's ability to remember things. While many dictionaries don't officially recognize it, it's still a great word you can use in many cases. As a synonym for having a good memory,
 "recollective" allows you to show that you can recollect things that have happened in your past. The more detailed you can be with these recollections, the more "recollective" you are. The definition of "recollective mind. All of the things that have
happened in my past are made much clearer to me when I really focus on them. I like being recollective of these kinds of things. It helps me to open up and share my history with others. You're very recollective of these kinds of things. It helps me to open up and share my history with others. You're very recollective of these kinds of things. It helps me to open up and share my history with others. You're very recollective of these kinds of things. It helps me to open up and share my history with others. You're very recollective of these kinds of the things that have happened to you. "Intelligent" is a loose alternative you
can use. It doesn't directly relate to having a good memory, but it can sometimes work. It depends on the context of how you use "intelligent" more than anything else. The problem with using "intelligent" more than anything else. The problem with using "intelligent" is that not all intelligent people have good memories. Similarly, not all people with good memories are "intelligent" is that not all intelligent people have good memories.
someone is both intelligent and has a good memory. The definition of "intelligent," according to The Cambridge Dictionary, is "showing intelligent, which is why
you're able to remember all of the things you can. Can you help us figure it out, though? She's not as intelligent as you are. You remember everything that happens in your life. That's a real gift if you ask me. A rare condition called Hyperthymesia causes people to have such a strong autobiographical memory that they can remember everything that
occurred in their lives. Every person they have seen, every emotion they experienced, and every conversation they have had, these people remember everything. Also called Highly Superior Autobiographical Memory (HSAM), Hyperthymesia is so rare that only about 62 people worldwide are documented to have it. While the exact cause for this
condition is still largely unknown, some researchers believe it to have a genetic component. People with Hyperthymesia can remember every detail of their lives, no matter how mundane or insignificant. While it might seem like an advantage in certain aspects of life, the cost of being able to remember everything can take its toll on a person's
psyche. What follows are fascinating stories of five individuals diagnosed with Hyperthymesia and how they deal with it in their daily lives. 1. Jill Price was the first person in the world to receive a Hyperthymesia diagnosis. She is an author based in Southern California. Her case kick-started the research into this strange but fascinating
condition. Price can vividly recall every day of her life since she was fourteen years old. She was the first person studied by a research team at the University of California, Irvine. Price was born on December 25, 1965, in the heart of New York City. Her father was a
talent agent with William Morris, and her mother was a former variety show dancer. When Price was 5, the family moved to New Jersey. The family moved to New Jersey. The family moved to New Jersey. The family moved to New Jersey.
to Los Angeles, she knew nothing would be the same again. She never liked change and decided to commit the world she left behind in New Jersey to her memory. She took many pictures, made several entries in her journal, and kept every day
 she lived since 1980. She remembers every conversation she ever had and every person she ever met in her life. She can actively recall every detail of her life in a heartbeat. When asked about how she feels about having this supposed 'superpower,' Price says that being able to remember everything can be maddening at times; everything she sees or
hears can bring back memories. According to an interview given to The Guardian, Price said that whenever she sees a date flash on the television, she is automatically taken back to that day in her life. She can remember what she was doing, who was with her, and just about every other detail. According to her, this is not good for her mental health
She says that while many regard having a perfect memory as a blessing, it is nothing short of a nightmare for her. She says living through your entire life every day can be maddening; you remember things that you want to forget but can't. Moving on after a tragic event in life is particularly hard for Jill. While some people have doubted her perfect
autobiographic memory as confirming an autobiographical account can be tricky, Price's case is different. She has kept detailed journals that she writes every day without fail. One might think having a perfect memory must be a great asset during school, but Jill says that school was 'torture' for her. She had a really difficult time remembering facts
and figures. Over time it became clear to researchers that Price's autobiographical memory was exceptional, but when it came to remembering details that did not relate to her personally, she struggled. When researchers asked her to memorize a bank of random numbers and arrange them in order using her memory, her performance was average
Price's memory is great at sorting and storing details that pertain to her, that are important to her, just like yours. However, she is exceptionally better at retaining and retrieving those memories, while most are not. Currently, Price resides with her parents in Southern California. She last appeared for an interview in 2017 for The Guardian. 2. Bob
Petrella Bob Petrella is a comic turned TV producer and writer. He was the fourth person in the world diagnosed with (HSAM). Like Price, Bob also can remember every detail of his life down to the minute. He says he always knew that he had a good memory but never considered it exceptional or noteworthy. He used to impress family and friends
regularly with his remarkable recall of events and dates. He is a self-proclaimed Pittsburgh Steelers fan and remembers every game the started following them in the late 80s. He can recall the score of every game the team has played since he started following them in the late 80s. He can recall the score of every game the team has played since he started following them in the late 80s. He can recall the score of every game the team has played since he started following them in the late 80s. He can recall the score of every game the team has played since he started following them in the late 80s. He can recall the score of every game the team has played since he started following them in the late 80s. He can recall the score of every game th
the news, one of Bob's friends suggested he visit the University of California, Irving, research team to learn more about the science behind his spectacular memory. He was soon referred to Elizabeth Parker, one of the original team members that studied Jill's case. After meeting Bob a few times and conducting several recall tests and ECG scans, Dr
Parker confirmed that Bob, like Jill, had Hyperthymesia. Both Bob and Jill have a lot in common when it comes to the time when things changed in their life and unlocked their super memory. For Bob, it was when he was seven years old, playing a very enjoyable game in his backyard with one of his childhood friends. The next day, when Bob invited
his friend over to play again, they could only play the game for a few minutes before getting bored. It was then, Bob claims, that he realized that nothing is going to say the same forever, and he must remember things before they change. Many scientists now believe that the anxiety that both Bob and Jill experienced as children about forgetting
memories might have something to do with their superior memory. Bob says his memory is also prone to distortions, much like everyone else's. The conflation of time, editing, and assumptions are part and parcel of making memories, and Bob has to deal with them too. Bob was featured on shows like 60 Minutes, Nightline, and The view multiple
times over the last decade. These days, he occasionally goes on a lecture circuit, teaching people how they can improve their memory.
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