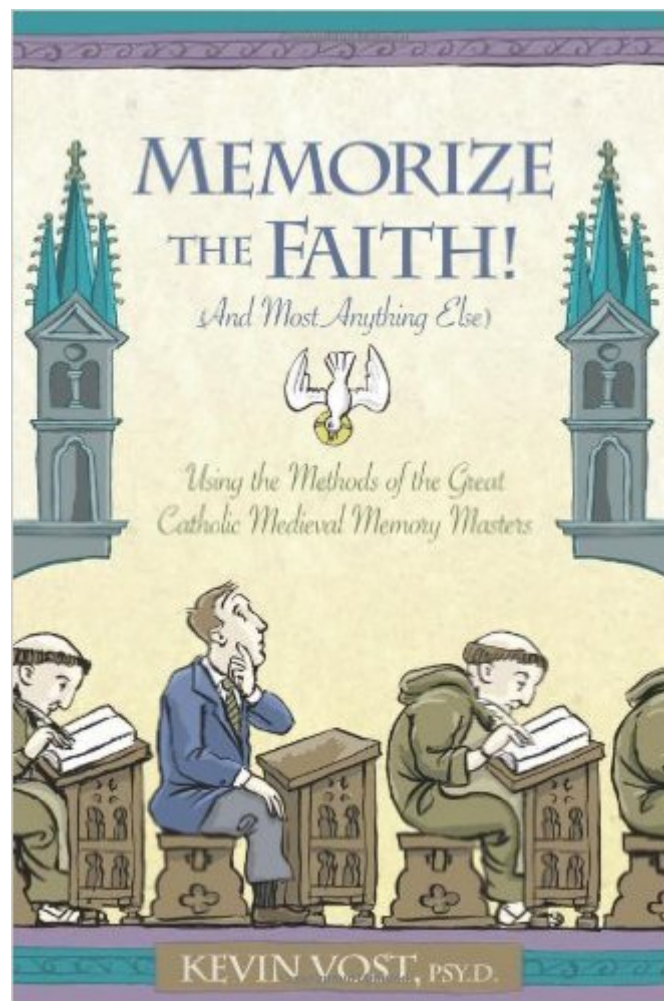


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# Memorize The Faith! (and Most Anything Else): Using The Methods Of The Great Catholic Medieval Memory Masters



## Synopsis

Yes, I know that memorizing the Faith is no substitute for living a holy life, but even devout people can't live by truths and precepts they don't remember. That's why, over 700 years ago, St. Thomas Aquinas perfected an easy method for his students to memorize most any information, but especially the truths taught by Christ and His Church. As the years passed, our need for this ancient art of memorization grew, yet somehow our culture largely forgot it . . . which is why today, when you and I try to remember a list of things, we have to repeat their names over and over. Or, to remember to call the dentist, we tie a string on our finger. And we clutch at any means whatsoever to recall our passwords for ATMs, credit cards, and voicemail, our login names for Yahoo, eBay, and , and the host of other names and numbers that clog our minds and clutter our days. Now, thanks to the delightful pages of *Memorize the Faith!*, you can easily keep all these in mind and learn the Faith! by tapping into the power of the classical memory system that helped St. Thomas become the Church's preeminent theologian, and made it easier for him to become one of its greatest saints. Here, Catholic scholar Kevin Vost makes available again Aquinas's easy-to-learn method the method Dr. Vost himself has used for decades to recall names, dates, phone numbers, the first dozen digits of pi (3.141592653589) and even whether, when his wife called him at work today, she asked him to bring home ice cream and toffee . . . or was it truffles and coffee? Indeed, Dr. Vost will teach you to remember virtually anything, but he devotes most of his book to showing you how to improve your memory of Catholic truths so you can live the Faith better. By the time you finish this book, you will have memorized dozens of key teachings of the Church, along with hundreds of precepts, traditions, theological terms, Scripture verses, and other elements of the Faith that every good Catholic needs to know by heart. Memory is the foundation of wisdom. It makes holiness easier. To grow wiser in the Faith . . . and holier . . . turn to *Memorize the Faith!* today.

## Book Information

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## Customer Reviews

This book is quite possibly one of the MOST important I have ever read. The book has literally helped change my life in the two areas of intellectual endeavor most important to me: my faith and music. I am a working jazz musician (no one important that you would know... just a local guy) and music teacher and have long struggled to memorize tunes (an ESSENTIAL skill if one wants to play jazz). For those of you who may not know, if one shows up on the bandstand with tons of "fake books" in tow, one immediately betrays oneself as a poorly informed and uneducated musician. Jazz musicians are expected to know hundreds of tunes, with chord changes and common substitutions, and be able to recall them in the heat of battle as it were: on a bandstand in front of an audience with other informed musicians on the stage with you judging your every move. Jazz musicians are expected to read perfectly as well, especially in the big-band setting. But don't show up at a small group jam session in New York with a fake book. Not if you want to be given respect or a chance to play. I have also been a student of my faith since reverting/converting about five years ago. I have read voraciously: the Navarre Bible Commentary, The Theology of the Body, the ENTIRE Bible, popular theological works, academic works, and the writings of the saints and mystics. Several people I know consider me an informed Catholic. People who knew me started coming to me with questions about the faith, because I seemed to know so much. I found myself patting myself on the back because I "knew my faith so well." Then someone asked me a basic question: what's the Fifth Commandment? I came up short. Of course I knew the commandments... didn't I? In order? Well... no. Could I get them all right out of order?

Some books are great because of the quality of the writing. Some books are great because of the content or message they convey. Some books are great because of the reputation they garner, and over time, come to be considered classics. Dr. Kevin Vost has written a book that fits the first two categories and only time will tell about the third. The author, who has done both graduate work and doctorate work on memory, has written this book as a tool to help Catholics memorize their faith. However, it is also so much more than that. It can be a tool used by any serious academic to help them memorize, learn to think more creatively, plan and execute research and papers. If you read the book for the techniques taught alone, it will be an invaluable asset to any intentional student. Dr.

Vost states "The text and illustrations have been structured in such a way that, if you read slowly and carefully, look at the pictures, and follow the instructions, by the time you finish, you'll be able to remember and name the Ten Commandments, the seven capital sins, the seven virtues, the nine Beatitudes, the seven sacraments, the twenty mysteries of the Rosary, and yes, if you are ambitious enough, even the names of the forty-six books of the Old Testament and the twenty-seven books of the New Testament. And all of these in order, both forward and backward!" Through the processes, he uses a method of memorization that traces its roots and origins to the ancient Greek poet Simonides and the philosopher Aristotle, and to Marcus Tullius Cicero. These techniques were then taught and practiced by the Doctors of the Catholic Church, St. Albert the Great (the "Universal Doctor") and St. Thomas Aquinas. These techniques are collectively known as mnemonics.

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