

Enlightened
Author Lisa
Davis discovers
the keys to a
sharper brain.

“Is My Memory Normal?”

I couldn't tell if I was distracted, losing my marbles, or both. So I checked into a brain lab to find out.

What I learned changed my life

By LISA DAVIS / Photographs by RANDAL FORD
Illustrations by TIMOTHY GOODMAN

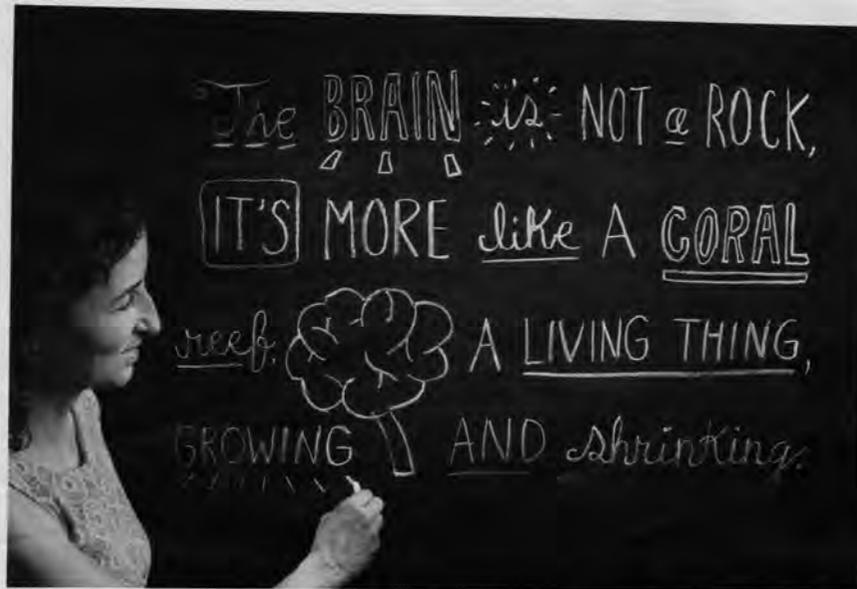
I've always had a temperamental memory. A review I read 20 years ago about a movie I didn't see? No problem. What I did last month? Forget it. I'm perfectly capable of failing to remember my neighbor's name when I see her at the market. Heck, I'm perfectly capable of failing to recognize my neighbor completely. Recently I blanked out on a dinner party a friend had thrown for me a few years back. I apparently went, schmoozed, felt grateful for his effort—but forgot about the whole thing. (And no, I hadn't been tipsy.)

Mine is the kind of memory that causes a 50-plus person like me to worry, especially given the stats: Approximately 5.4 million Americans suffer from Alzheimer's disease, and researchers say the number will nearly triple by 2050. Experts warn that our society isn't prepared for the cost of caring for so many people who can no longer cope with daily life. Excuse me: I'm not only concerned about *paying for* caregiving; I'm just as worried about actually *needing* it.

Which is why I jumped at the opportunity to have my memory assessed and

improved at one of the nation's cutting-edge cognitive clinics: the Neurology Institute for Brain Health and Fitness near Baltimore.

The institute is run by Majid Fotuhi, M.D., Ph.D., a neurologist who is pushing his colleagues to change the way we think about thinking. Memory experts have long focused primarily on the still-mysterious role played by plaques, tangles and other physiological components of the brain. But Fotuhi and a handful of colleagues have begun to home in on how people's



lifestyles and daily routines affect their minds. The research represents a radically different approach to the study of the brain, and it's starting to get serious attention.

At the institute, Fotuhi and his team treat a wide range of people, from college students with concussions to people in the late stages of cognitive decline—as well as productive professionals like me who are fretting about their forgetfulness. Many of his patients get a personalized, multi-month “brain fitness program” to prevent problems or fix them. The promise: Treatment will cut the risk of a mental decline and improve the workings of your memory right now.

So when I'm invited to visit the institute for a crash session designed to give me a sense of the program, I utter the only response a frazzled boomer with a job, two kids, a husband and a dog can give: How soon can I come?

On a cold, gray morning earlier this year, I nervously make my way to the clinic, a medical building so nondescript and forgettable that it doesn't seem fair to patients.

As I enter the suite of exam rooms, Fotuhi greets me warmly and ushers me into his office to begin my preliminary examination. The doctor is a teddy bear of a man with a gorilla-size CV: He has a medical degree from Harvard and a Ph.D. in neuroscience from Johns Hopkins in Baltimore;

his research is published in leading medical journals, and he lectures around the world. But he's thoroughly approachable as he checks my reflexes and instructs me to jump from foot to foot—a quick way to assess my nimbleness and overall vigor. Then he sits down at his desk and invites me to talk, as if we had all the time in the world.

I run through my medical history quickly, since it's short and boring, with one significant exception: When I was in college, I was in a bad car accident—high speed, head-on, no seat belt. I hit my head so violently that when I woke up, I had amnesia. Like a character in a soap opera, I'd forgotten much of the preceding year, and my thinking was slow and scrambled for weeks. I recovered, but I wonder



Tools for a Better Brain

Working your mind is key to staying sharp throughout life. As part of its new holistic

approach to promoting brain health, AARP now offers brain fitness exercises to help you think faster, focus better, remember more and polish your people skills. Go to AARP Brain Fitness powered by BrainHQ to try four free brain exercises. AARP members can get 16 more by signing up for a discounted subscription at brain.aarp.org.

whether that hard whack on the head has affected my brain.

Fotuhi listens intently, but he doesn't seem all that concerned. If anything, he seems more interested in the less sensational aspects of my health. He asks about my cholesterol levels and wants to know about my exercise routine (atrocious), sleep habits (worse), stress levels (high, but whose aren't?). All very mundane, I think. All very critical, Fotuhi insists.

In recent years, scientists have learned that the brain is an exquisitely sensitive organ, growing and shrinking like a coral reef in response to its environment. Numerous studies suggest that the condition of the body affects the condition of the brain. According to Gary Small, M.D., director of the UCLA Longevity Center and author of *The Alzheimer's Prevention Program*, being overweight doubles the risk for Alzheimer's; being obese quadruples it. Diabetes can speed up brain shrinkage, as can high blood pressure.

A wide range of conditions—from sleep apnea to depression—also seems to have an impact on brain health. So does everyday stress. Studies indicate that the stress hormone cortisol can damage the brain's white matter pathways, making it harder for areas to communicate with one another.

Thankfully, there's an upside to the brain's vulnerability: Just as bad habits can impair its functioning, good ones can help it. Several studies show that healthy lifestyle choices help create new cells in the hippocampus, the seahorse-shaped region of the brain that processes short-term memories and determines which ones get put in long-term storage. “The best remedy for late-life Alzheimer's disease is midlife intervention,” Fotuhi tells me as we finish my initial exam.

The next part of my evaluation, not surprisingly, is a memory test.

“When I say ‘start,’ I want you to name as many words as you can that begin with the letter B,” instructs Tracy Riloff, the institute's director of cognitive assessment. That turns out to be (CONTINUED ON PAGE 65)

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SOLUTION TO PUZZLE ON PAGE 67

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GOOD-TIME GALS

(CONTINUED FROM PAGE 37)

younger sister dealt with near death and a diagnosis of ulcerative colitis, after the birth of her only child, inspired her. "I was furious with God that my beautiful sister, at age 23, would have a colostomy bag hanging off her body for the rest of her life," Gifford explains. "But she said, 'Don't curse God for this bag. It means I get to live the rest of my life, I get to see my daughter grow up.' I was looking at the wrong thing."

What inspires Gifford these days is a comment that the late actor Paul Newman once made to her at a fundraiser for the local playhouse in Westport, Connecticut. "I said, 'Paul, I haven't seen you in so long. How are you?'" Gifford remembers. Newman answered: "I'm 80 years old. I have a pulse."

It has become her mantra. "If you have a pulse, you have a purpose," Gifford says. "Every morning, before I get out of bed now, I take my pulse. If I have one, that means that God's not finished with me yet. I still have work to do on this planet."

The afternoon is winding down, and Gifford and Kotb are enjoying a late lunch of chicken salad, watermelon and, of course, pinot grigio. They talk about the value of staying open to new experiences. "I thought my heart didn't have any more room for more people," Gifford says. "I felt I didn't have enough time for the friends I already had. But if I hadn't made room for Hoda, I would have missed out on one of the great blessings of my life."

"By the time you reach my age, you generally know what's in you," says Kotb. "But I didn't know. It takes the right person to bring it out. I say thank you to Kathie Lee all the time. Before her, I'd still be doing what I was doing and not know what I was missing. My life would be half as full."

Gifford feels equally enriched by the partnership. "It's like an old man who's taken a young lover," she quips. "He's got a jaunty little step."

MEMORY LAB

(CONTINUED FROM PAGE 46)

challenging when you've got only 60 seconds. I can't come up with "boy" or "book," but inexplicably I manage to pull out the words "brusque" and "bile." We move on to other letters and eventually other exercises: I draw shapes from memory, repeat Riloff's stories back to her and sort cards into categories.

I feel like I'm getting a real workout—which is not far from the truth, since research shows that mental exercise can keep your brain in shape. A 2000 study reported that London cabbies plumped up their hippocampi as they learned to navigate the maze of streets in the inner city. Other research has found that medical students bulk up their brains as they cram for exams. Learning a new language or just figuring out how to juggle a few balls—it all seems to stimulate your neurons and boost your brainpower. "If someone told me 20 years ago that the brain is like a muscle, I would have laughed," UCLA's Small says. "But in many ways, it is."

My muscle of a brain is exhausted, so I'm glad that the mental aerobics part of my assessment is over. Now it's time for the physical part. I head into the next exam room, where a stationary bike is waiting for me. A stress test will assess how well my cardiovascular system is feeding my brain.

Cycling has never ranked high on my list of favorite activities, and I like it even less when I've got EKG leads taped to my chest. No matter how encouraging exercise physiologist Michelle Barnett is—and she's very encouraging—her words don't distract me from the fact that she's wearing a cute T-shirt over her toned abs while I lack both T-shirt and six-pack.

Still, the workout gets my heart pumping a little faster, and that's a good thing. According to psychologist Arthur Kramer, Ph.D., of the University of Illinois at Urbana-Champaign, physical exercise is one of the best gifts you can give your brain. A few

(CONTINUED ON PAGE 66)

MEMORY LAB

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years ago Kramer persuaded a group of older adults to embark on a relatively modest exercise regimen, in which they walked three days a week for 45 minutes each time. "Nobody won any medals," Kramer says, but the walkers showed a substantial improvement on cognitive tests at the end of the yearlong study. What's more, brain scans displayed a 2 percent increase in hippocampus size. Since the hippocampus generally shrinks about half a percent a year after age 50, his subjects weren't just slowing the march of time but reversing it.

After finishing my stress test and getting my shirt back, I head down the hallway to meet with a radiology technician. I lie on an exam table as he waves an ultrasound wand up and down the side of my neck. A rhythmic whooshing noise fills the room. It's the sound of the blood in one of my carotid arteries, the main feeders for my brain. Plaque can clog these arteries, just as it can stop up the arteries that go to the heart. And just like a clot in a coronary artery can cause a heart attack, one in a carotid can cause a stroke. Even a partial closure can leave your brain operating at reduced power. So the technician is checking how well things are moving—and I'm happy to learn that my blood is flowing freely. Later I also get good news after an EEG, a test that entails covering my scalp with goop and wearing an electrode-studded skullcap that traces my brain waves.

By now I'm ready for a break, and luckily it's time for Taking It Easy 101. At the institute nearly everyone learns mindful meditation with brain fitness director Eylem Sahin. Research offers tantalizing suggestions that the practice may be good for memory. It's simple, though not necessarily easy: All it takes is a relaxed awareness of one's thoughts, sensations and emotions. Sahin helps me perfect my belly breathing as I picture myself in a remote meadow and concentrate on progressively relaxing my body, from my feet to my eyebrows. Sahin says I'm

learning to simultaneously focus and relax, but I feel like I'm giving my mind a nice, relaxing bath. Aah ...

And with that, my day is done.

Memory loss is a horrible thing. It makes your life seem even more fleeting than it already is, and it's frustrating, embarrassing and scary. So I'm feeling really anxious as I head back to the institute the following day to hear Fotuhi's diagnosis. His words bring a wide smile to my face.

"You did very well on the cognitive assessment," the doctor tells me after I'm settled in his office. The idiosyn-

Forgetful? Fix It!

6 STEPS TO A STRONGER MEMORY

1 Learn something Stimulating the brain helps it develop a resilience that allows us to fight off diseases, says Paul D. Nussbaum, Ph.D., an adjunct professor of neurological surgery who has worked with AARP on its brain health program.

2 Sleep Getting fewer than six hours of sleep a night can raise the risk of stroke.

3 Eat right More than half your plate should be filled with green, leafy vegetables. Get plenty of fish, nuts and olive oil; avoid refined carbs. A 2009 Columbia University study found that this kind of diet may help ward off Alzheimer's disease.

4 Challenge yourself "The number one memory complaint people have is that they're bad with names," says neurologist Majid Fotuhi, M.D., Ph.D. His prescription: Memorize three names a day.

5 Walk with a friend Psychiatrist Gary Small, M.D., calls this a triple threat against Alzheimer's: It gives you a cardiovascular workout, stress-relieving social interaction and mentally stimulating conversation.

6 Meditate A quick calm-me-down: Inhale for a count of seven, hold for a count of seven, exhale for a count of seven. Repeat seven times.

crasies of my memory may be related to my long-ago concussion, Fotuhi says. But memory is a quirky thing, he adds. Almost no one gets into midlife years without some mind-threatening history or habits.

A poor performance wouldn't necessarily be a tragedy. If I were in the institute's three-month brain fitness program, I'd get intensive treatment for any medical problems, as well as help with nutrition and exercise. I'd practice meditation, do biofeedback and get plenty of stimulation from computer games, puzzles and brainteasers. Fotuhi provides no guarantees (and if a person has Alzheimer's disease, for instance, such remedies certainly won't make it disappear). But, he says, his multipronged approach almost always brings improvement.

"People think that if they're having memory problems, their memory is lost and gone for good," Fotuhi says. "But the brain is kind of like their biceps. Both can be toned up at any age."

So even with my impressive scores, Fotuhi offers a preventive prescription: "Start getting more sleep—and exercise," he tells me. Meditation would help, too, he says, especially when I'm feeling stressed. I should also do something nice for myself every day—happiness is good for the brain. All those changes should get my hippocampus as big as possible, creating a buffer against the ravages of time.

Since my trip to the brain health clinic, I've been following this advice: living the clean, well-rested, well-exercised life, or at least trying to. I've noticed that I'm having fewer moments when I feel as if I've lost my mind in the haze of my exhaustion. And I feel better than I have in years. The fact is, I'm discovering that what's good for the brain is good for the body, and for the psyche, too. I figure the way I'm living now will give me the best chance possible to look back on my life when I'm nearing the end—and actually remember it. ■

Lisa Davis is deputy editor at Sharecare.com. She has written for Health, Reader's Digest, Vogue and other publications.

HEALTH REPORT

Tests That Could Save Your Life

Surprising screenings that can pick up early signs of illness

By JESSICA GIRDWAIN / Illustrations by JOEL KIMMEL

• **You're familiar with** blood pressure tests, cholesterol screenings and blood workups to analyze your health. But did you know there are lesser-known, noninvasive tests that often detect signs of an underlying disease? The five modified tests that follow may pick up warning signs of dementia, Parkinson's, even premature death. Try them, and if you perform poorly, bring your concerns to your doctor.

TEST #1

Name that famous face

WHAT IT DETECTS:
DEMENTIA

> HOW IT WORKS:

Do you find yourself blanking out on names of famous celebrities or close friends? Researchers at Northwestern University recently published a study that found that the inability to recognize or name famous faces in midlife was associated with an increased risk for a form of dementia known as primary progressive aphasia (PPA). The rare disease usually affects adults ages 40 through 65, says the study's lead author, Tamar Gefen. PPA, marked by a loss of tissue in the frontal and temporal lobes of the brain (the language centers), is characterized by a gradual deterioration in the ability to communicate with others.

> WHAT TO DO: While the test used in the study involved 20 faces, you



can do this simplified version at home. Pick up a magazine and see if you can name the celebrities—like, above, Oprah Winfrey, Jay Leno, Barack Obama and Madonna. You get two points for first and last names, one point for one

or the other, and zero points if you draw a blank. If you miss a few, no big deal. If you find yourself struggling (PPA patients scored lower than 50 percent), ask your doctor or a neurologist for a cognitive evaluation.

TEST #2

Assess your sleep quality

WHAT IT DETECTS:
PARKINSON'S DISEASE

> HOW IT WORKS: Many people equate Parkinson's disease with tremors, but more subtle symptoms may provide earlier clues. In a new German study, patients from a special clinic for early Parkinson's were given questionnaires to evaluate pain, sleep and gastrointestinal symptoms, and their olfactory function was assessed. Compared with a control group, the Parkinson's patients were more likely to suffer abnormal REM sleep (the dreaming stage), a loss of smell, and constipation.

> WHAT TO DO: Ask yourself these questions.

1. Do you act out your dreams through talking or fighting (a sign of a REM sleep disorder)? _____
2. Are you having problems with smell (especially pungent foods, such as garlic)? _____
3. Have you been dealing with constipation for a month or longer? _____

If you answered yes to all of these, you may want to see your doctor. While there are no lab tests to diagnose Parkinson's, your physician may want to conduct neurological and physical exams. Early diagnosis can mean better treatment.

HealthyYou



TEST #3

Smell the peanut butter

WHAT IT DETECTS: ALZHEIMER'S DISEASE

> HOW IT WORKS: Alzheimer's typically affects your sense of smell because the area of the brain that processes odors, the olfactory cortex, is the first to show signs of dysfunction. (Memory problems come later.) That's why Jennifer Stamps, a researcher at the University of Florida, developed the peanut butter test, the results of which were recently published in the *Journal of the Neurological Sciences*. Normal aging can affect your sense of smell, but peanut butter isn't an odor usually lost with time, Stamps says, making it a good tool for evaluating early Alzheimer's. In the study, researchers measured the distance at which participants could smell peanut butter through the left nostril compared with the right. Those with early Alzheimer's could not detect the smell until it was an average of almost 5 inches closer to the left nostril compared with the right.

> WHAT TO DO: It's hard to perform the test by yourself, so grab a partner. Close your eyes and ask your partner to hold a small jar of peanut butter 12 inches away from your left nostril while you hold your right nostril closed. Slowly move the jar closer until you're able to detect the smell. Now test your right nostril. You should be able to smell the peanut butter equally well in both nostrils. If you can't, see your doctor to rule out treatable conditions that affect smell.

TEST #4

Sit down, stand up

WHAT IT DETECTS: EARLY RISK OF DEATH

> HOW IT WORKS: A 2012 study published in the *European Journal of Preventive Cardiology* asked adults ages 51 through 80 to do a sit-and-stand test to see how well they could sit on the floor and then stand up. Participants could get a maximum score of 10; researchers subtracted one point each time a hand, forearm or knee was used for support. Scoring just one point higher was associated with a 21 percent lower mortality, says study coauthor Jonathan Myers, Ph.D. "This is a strong measure of muscle strength, coordination, balance and flexibility, which are critically important to maintain with age, as they allow you to perform daily activities and also prevent falls, which can be devastating for older adults," he says.

> WHAT TO DO: Test yourself by sitting on the floor, legs

crossed, then rising back up (you can use your arms for balance, but you shouldn't have to use them or your knees to boost yourself back up). If you have problems standing up without assistance, such as difficulty standing up from the dinner table, or notice issues with everyday activities, this may be a wake-up call to start or ramp up your exercise program. Begin with 30 minutes of daily moderate physical activity, like walking. If you're already a walker, add some strength or flexibility training.



TEST #5

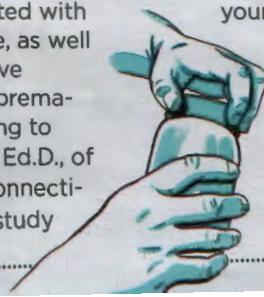
Open that jar

WHAT IT DETECTS: LIKELIHOOD OF FUTURE DISABILITY

> HOW IT WORKS: You might not think of grip strength as an important indicator of overall fitness. But low grip strength has consistently been associated with disability later in life, as well as with postoperative complications and premature death, according to Richard Bohannon, Ed.D., of the University of Connecticut, whose review study

on the subject was recently published in the *Journal of Geriatric Physical Therapy*. While grip strength on its own doesn't affect your ability to climb stairs, for instance, it's a marker that is correlated with walking ability.

> WHAT TO DO: Physical therapists use an inexpensive machine called a hand-grip dynamometer to analyze grip strength, but you can measure your grip strength in other ways, Bohannon says. Open a tight jar lid. Pick up a gallon of milk and carry it across the room. Lift a long-handled pan with one hand. If you can't do these tasks successfully, you need to build your overall fitness. ■



Why Does Music Aid in Memorization?



Bee

The words to a holiday song bubble up to the surface of the brain, even decades since last hearing the tune. Yet recalling a bank-account password can put the mind in a twist. Neuroscientists have long debated the brain mechanisms related to memory, but they agree on one thing: Information set to music is among the easiest to remember. One expert, Henry L. Roediger III, professor of psychology at the Memory Lab at Washington University in St. Louis, explains how songs easily stick in the mind.

—Heidi Mitchell

The Brain's Data Processors

The hippocampus and the frontal cortex are two areas in the brain associated with memory and they process millions of pieces of information every day. Getting the information into those areas is relatively easy, says Dr. Roediger. What is difficult is pulling data out efficiently. Music, he says, provides a rhythm, a rhyme and often, alliteration. All that structure is the key to unlocking information stored in the brain—with music acting as a cue, he says.

If someone "asks me to produce all the words to a Beatles song, I couldn't do it unless I sang it in my mind," says the professor, who specializes in the study of memory retrieval.

Music is a powerful mnemonic device, but the song's structure is what allows a person to recall the information it holds—not necessarily the catchy tune itself. The added melody encourages repetition and thus memorization, which is perhaps why patients with advanced Alzheimer's dementia have been known to sing along to a familiar song.

Poetry of Memory

Some researchers think the brain function that responds to music evolved long before those related to language, says Dr. Roediger. Most neuroscientists believe humans developed music and dance to aid in retrieval of information.

He cites Duke University professor David C. Rubin's work on epic poetry in preliterate and literate societies. Dr. Rubin's studies show long stories—such as "The Iliad" and "The Odyssey"—were passed down verbally using poetic devices for a reason.

"Psychologists believe laws, stories and customs were presented as

poems, chants and, eventually, as songs, in order for them to be memorized, and recalled, accurately," says Dr. Roediger. "The idea was that the chant would help people to remember large sets of information across the ages."

Rhyme With a Reason

People with exceptional abilities to recount lists and other data often create song-like structures to help with memorization and recall. Dr. Roediger, whose forthcoming book, "Make It Stick: The Science of Successful Learning," offers tools for memorization, points to how nearly every American learns the Alphabet Song. He points to a study in which hospital workers in England could recite the institution's asthma guidelines after a frustrated doctor set the rules to song and they went viral on YouTube.

Dr. Roediger remembers large sequences of information by using a common number-rhyming mnemonic that goes, "one is a gun, two is a shoe, three is a tree, etc." He puts an image of whatever he needs to remember along with an image of the word associated with the number in the rhyme. "So if one is a ball, I'll picture a gun shooting a ball. If two is a chair, I'll imagine a shoe sitting on a chair, and so on."

Adds Dr. Roediger, "The rhyme serves a similar function as a tune."

—Email burning@wsj.com

Are We Managing Our To-Do Lists All Wrong?



Like me, I'm sure you'd like to be more productive. You prioritize your lists, break big projects to bite sized tasks and you try to keep it tidy. However, we still struggle, right?

One night, while writing down my to-do list for the next day, a thought occurred to me...

Why do I always push certain tasks to the back of the list while preferring to promote others to the top?

What if I told you that your brain hates the way you manage your to-do lists?

Whether we keep it short, tidy or detailed; we always encounter resistance when going over our list because we are either:

- **Bored:** When we're working on completing tasks, we're focused most of the time on a list of declarative items that describe the obvious and mundane.

Or

- **Scared:** We may encounter new tasks which we have not done before, or come across items that seem too challenging.

We should be handling our task based on our priorities; rather than be driven by fear or boredom.

Playing around with my list pushed me to think outside-of-the-box for solutions for this conundrum i.e. how can I make sure that I won't recoil from a task or get bored by it, i.e. make them more user friendly for my brain?

1# Change a relatively boring list to something that can excite you

Since lists in their current state are declarative in nature, I first tackled changing the way I write them.

I found out that [we're more likely to read something if it has a question mark attached to it](#) which led me to change the way I write tasks.

Let's start with one of the most boring tasks that I know off, doing your laundry.

Instead of writing it like the mundane task it is i.e. as a declaration “- **Do the laundry at 8 PM**”, write it as a question or even a challenge! This will rub some extra flavor into it “**Can you finish the laundry before 8:30 PM?**” and will make sure you'll tackle it.

Asking question stimulates our curiosity; curiosity is an engine that motivates us to explore and discover.



When something interests us, our curiosity ignites, creating a sense of expectation. Ultimately, this signals our conscious brain that there's a reward to be had. Our brain loves rewards!

2# Finding answers increases confidence and fights procrastination

Posing a question almost always leads to some sort of search which ultimately leads to answers. Answers help dissipate fears and anxiety associated with our fear of the unknown and certainly address boredom. Furthermore, questions expose the bigger picture, pushing you to acquire more details about the task you're about to perform.

Next time, instead of writing on your to-do list **"Ask for a raise"**, a task that I'm sure both excites and frightens, try to write it done as a question **"Why can I ask for a raise tomorrow?"**

These kinds of questions will require answers and after some research you'll see that the answered question will leave you much more confident in yourself to complete the underlying tasks.

3# An action with a question mark next to it is a beginning of a plan

When your task is a question and you answer it, you're beginning to draft the

skeleton of what will be the task's execution plan.

Every plan begins as a list of tasks you need to do, but what happens when you turn those tasks to question is amazing...

Buy groceries for my party task *as declarative statements*

- Buy snacks
- Decorate my house
- Send invitations

Buy groceries for my party task *as questions*

- What snacks should I buy and where should I buy them?
- How will I decorate my house?
- Who will get invited to the party?

The nature of the question drives you into action even while drafting them, pushing you to get answers before you need to perform the task, thereby reducing the associated stress of planning.

This provides mental preparation and visualization for your brain before you approach doing the task. This will result better processing and planning, ultimately, [helping you reach the right conclusions](#) regarding your task completion.

In conclusion, working this way has definitely changed the way I get things done and limited the time I spend re-arranging my task list (aka procrastination).

So when you draft your next to-do list, try to ask instead questions and tell me how it went...