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# MEMORY PALACE

The method of loci is a strategy for memory enhancement, which uses visualizations of familiar spatial environments in order to enhance the recall of information. The method of loci is also known as the memory journey, memory palace, journey method, memory spaces, or [mind](#) palace technique. This method is a mnemonic device adopted in ancient Roman and Greek rhetorical treatises (in the anonymous *Rhetorica ad Herennium*, Cicero's *De Oratore*, and Quintilian's *Institutio Oratoria*). Many memory contest champions report using this technique to recall faces, digits, and lists of words.

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