I'm not a bot



Try rote memorization; make a list of everything you need to know and repeat them until theyre committed to memory. Follow the chunking method, which involves organizing information into groups or categories and memorizing piece by piece. [1] Chain items into a single sentence made of everything you need to know or use mnemonics to create a key sentence representing what you have to memorize. Memorize through association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 1 Understand how the association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 1 Understand how the association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 1 Understand how the association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 1 Understand how the association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 2 Understand how the association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 3 Understand how the association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 3 Understand how the association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 3 Understand how the association by creating an imaginary journey or walk-through to associate with the facts you need to remember. 3 Understand how the association by creating a understand how the association will be a supplied to a understand how the association of the contract of t ability to memorize things. For this memory, you'll create an imaginary journey or walk-through will bring up your memories. Associate with a certain image, person, or picture can help boost your recall.[2] 2Know what the associative method is good for. The associative method is very powerful, especially if you have a strong imagination. Throughout history, people have used some variation on the associative method (like imagining walking through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around an imaginary room or flipping through mental houses, looking around a looking aroun easy to split up and spatially organize are best suited for the associative method - things like the stanzas of a poem, components of a machine or the procedure for cooking eggs. Memories that can't be divided up are less well-suited - like the basic idea of Abstract Expressionist painting, the history of the War of the Roses or remembering how to ask someone out. Advertisement 3I magine a set of second memories and associate them with what you have to remember. You'll use your second set of memories as a "key" for what you have to remember. For this reason, if you have a list of discrete items that don't fit together in any way, it'll be harder to shape your second "key" memories. For our example, we'll simply imagine being a tiny little man walking around inside a 1911 slide.4Rehearse walking through or traversing your mental map and bringing up what you have to memorize. This can be as cool and interesting or simple and easy to remember as you want to make it. For our example, a tiny man walking through a 1911 slide might say: "First we'll encounter the barrel bushing, and inside it, I can see the barrel poking out. Behind the barrel and to its left will be the extractor against the side of the slide; when I make it to the very back, I'll reach the hammer stop. "5Practice traversing and exploring your mental map. A few times a day, concentrate and visualize going back through your walkthrough. The more that you practice, the easier it will be to remember. 6Rehearse producing what you've memorized from your mental map. As you perform this visualization exercise, your mind will get better and better at shaping your "key" visualization, but that's not enough - you need to remember the individual components you fit into your key. Try "working backwards" - starting from a list of items, see if you can reproduce your original mental journey or "key". Advertisement 1Know that rote memorization is better for some types of memory than other types. Memorizing through repetition encourages your brain to form the necessary connections to say or do what you've memorization is very good for memorization is not very good for memorization is not very good for memorization is very good for memorization is very good for memorization is not very good for memorization is very good for memorization i like the elements of the periodic table from left to right, the idea of dialectical materialism, or the components of a car engine. [5]2Make a list of what you've memorized. For these states, that's simply reading off your table, over and over again, the names of the states. When it comes to rote memorization, repetition is the key.[6]4Practice producing what you've memorized without looking at your list. Try covering part or all of your list with a piece of paper and reciting what you've memorized without looking at your list. in the last two blanks. At first you'll get a lot wrong - don't get frustrated! This is just your brain getting used to the work. Keep at it, and within a few minutes, you'll be able to remember everything you've memorized. Advertisement 1Know what chunking is good for. Chunking works well when you're memorized things that are composed of smaller things in a sensible order. Our example could subdivide by continent; the elements of the periodic table could be broken down by type; or if you have to memorize the components of an engine, you might have noticed the way we write them - they're set up to be chunk-memorized. For instance, the White House phone number, (202) 456-1111 is easier to remember as a single complex number, 2,024,561,111. Chunking isn't a great strategy for big, complex things and concepts that don't break down into parts easily. For example, it's not easy to figure out what "memorizable" chunks would be for memorizing the concept of civil rights, the definition of nationhood or a list of similar phone numbers. [8] 2Divide what you have to memorize into smaller, easier-to-memorize pieces. Since you'll have to create smaller pieces from big ones, this strategy works best with items that you can actually break down according to some sensible scheme. [9] Practice producing your small items (the chunks) from memory. For our UN Security Council example, you might try reciting one of the continents and their countries from the list above: [10] Practice combining the chunk. Mastering each individual portion or chunk is just the beginning - to fully memorize something using this method, you'll need to get the entire list down. Try scrolling down so the previous list is covered. How much of this list can you remember?[11] Advertisement 1Understand what chaining is good for. If you have a very large number of things to remember, this will be unwieldy; for this reason, the chaining method is best for shorter lists of hard-to-remember items.[12]Chaining is great for a limited number of items in an arbitrary list without any seeming relation to each other (for instance, the list tree, bird, keyboard, bottle). It's hard to apply a strategy like chunking because there aren't any real categories to break stuff down.2Make a sentence or image composed of all the items you have to memorize. This is the fun part of this method: the more outlandish and weird your sentence or image is, the easier it will be to remember. For instance:[13]Peanut butter and espresso bean sandwich wrapped in ethernet cable with a screwdriver going through it.3Repeat and memorize your sentence or image then practice producing the items you've memorized from your sentence or image. You'll use your sentence or image as a key that will bring up what you've memorized. Peanut butter, espresso bean sandwich wrapped in ethernet cable, screwdriver bit Advertisement 1Understand what mnemonics are. Mnemonics is simply a fancy word for a process you're probably familiar with from grade school. If you've ever used ROYGBIV to remember the colors (red orange yellow green blue indigo violet), or a nonsense sentence like "My Very Eager Mother Just Served Us Nine Pizzas" to remember the planets (Mercury Venus Earth Mars Jupiter Saturn Uranus Neptune Pluto), you've used a mnemonic "FANBOY" is used to remember different conjunctions.[15]2Know what mnemonics are good for. If you have to memorize more items than you can make a short sentence or phrase for, this will be hard to work with; for this reason, the mnemonic method, like chaining, is best suited for memorizing a list of words, for instance; it is not as good for memorizing big lists without clear organization, like a list of phone numbers or the digits of pi. 3Create a mnemonic scheme is simply, a "key" sentence or a phrase for what you have to memorize. For our example, we can make up a simple, easy to remember nonsense word. 4Practice remembering your mnemonic and what you have to memorize from your mnemonic. Your mnemonic stands for? Advertisement Add New Question Question What is the easiest way to memorize key information before an exam? Ted Coopersmith, MBA Academic TutorTed Coopersmith is an Academic Tutor for Manhattan Elite Prep, a test prep and academic tutoring company based in New York City. In addition to general academic advising, Ted has expertise in preparing for the ACT, SAT, SSAT, and ASVAB tests. He also has over 30 years of financial controller advising and consulting experience. He holds a BA from the City University of New York (CUNY) and an MBA from Pace University. A study "cheat sheet, it's better to emphasize broad facts, formulas, and concepts while understanding the relationships involved. Then, once that information is solidified, you can look over your notes just to recognize some of the secondary concepts. Question Are there any tricks for remembering answers very quickly? Break the answer into parts, each consisting of one sentence. Learn one sentence. Cover the page and recite the sentence. Cover the page and recite both the sentences. Do this until you are able to recite the whole answer. After that, recite it five more times. Take a short break of five minutes. Say it one more time. If you can, then you have learned the answer. You can also try recording your answers. You can listen to it all the time. Question Is it better to memorize answers by reading notes during class and while reading helps you get good grades - it helps you remember things better than you would just reading or listening. Be sure to be mindful and think about what you're writing. See more answers Ask a Question Advertisement This article was co-authored by Alexander Ruiz, a tutoring business based in Claremont, California that provides customizable education industry, Alexander coaches students to increase their self-awareness and emotional intelligence while achieving skills and the goal of achieving skills and higher education. He holds a BA in Psychology from Florida International University and an MA in Education from Georgia Southern University. This article has been viewed 1,042,864 times. Co-authors: 69 Updated: January 3, 2025 Views:1,042,864 Categories: Memorization Skills PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 1,042,864 times. "What helped me the most is using mnemonics. It really does work! Thanks wikiHow! The instructions will help billions of people around the world."..." more Share your story DownloadSubscribe: Apple Podcasts | RSSIf you want to memorize information fast, you need more than hope. You need the proven techniques youll find on this page, each of which has been tested in the real world. Who am I to say? As someone whos trained memory science, Ive answered thousands of questions about increasing memorization speed. And Ive given hundreds of demonstrations of how fast I can memorize using the simple strategies youre about to discover. Along with the reason and the proof behind why the strategies work so well to make long-term retention happen faster. Ready for the no fluff, no gimmicks answer to how to memorize anything fast? Lets dive in. How to Memorize Anything Fast: 7 Proven Tips for Rapid RecallIf you want to memorize fast, above all, you must learn the most powerful memory Palace Technique ever invented. Thats where well start. One: Embrace the Memory Palace Technique Everything gets faster once you commit to using proper Memory Palaces. If you don't know what they are, consult my complete guide to the Memory Palace technique. Or watch this video: Although its an ancient memory technique, I cant stress mastering the Memory Palace technique strongly enough if you want to memorize rapidly. That's because scientists have shown that using routes to remember leads to superior memory. To get started with the technique immediately: Select a familiar location, such as your home or workplace (or even a favorite cafe). Identify distinct areas and craft a clear and logical mental journey through the location. Assign what you want to remember along this route and link it with the appropriate mnemonic devices, making sure your associations are always vivid. What are mnemonic devices? For increasing your memorization speed, well talk about those next. Two: Use the Best Mnemonic Tools Designed for Fast Memorization From crafting catchy tunes or using rhymes to remember, there are a lot of tools you can use in your Memory Palaces without having to think for more than a second or two. No doubt about it. Learning these mnemonic skills takes a bit of setup. But once you have them working, youll be able to memorize anything much faster. Three: Use the Chunking Memory Strategy So many of my students have an all or nothing attitude when they first wind up in one of my workshops or courses. Although you certainly can memorize mountains of information, its important to take everything one unit at a time. We know this from many studies in what is called the chunking memory strategy. Ive profiled it fully in this guide for you. Chunking helps you memorize faster because it strategically breaks large pieces of information down into smaller, more manageable units. I made my TEDx Talk easier to remember, and the Sanskrit phrases in it simple by sometimes focusing on just one syllable at a time. Some may worry that chunking will make them slower, but its the classic tortoise always wins. It also just makes sense. Instead of trying to memorize 15459878455 you break it down into 1-545-987-8455. This method harnesses your brains ability to recognize patterns. As a result, you harness greater efficiency and ultimately move faster. Four: Engage All Your Senses with KAVE COGSNow that you know about the main mnemonic tools and chunking, the next step is to engage all your senses. As scientists have demonstrated, the benefits of multisensory learning are profound when you set things up correctly. Correctly is the key term, and thats why when I memorize names at demonstrations, I use a mnemonic elaboration system called KAVE COGS: Kinesthetic (touch) Auditory (hearing) Visual (sight) Emotional (feelings) Conceptual (ideas) Olfactory (smell)Gustatory (taste)Spatial (sizes)I apply the same set of elaborations to memorizing playing cards, numbers, speeches, poetry, historical dates or whatever it is Im memorizing. When my students in the Magnetic Memory Method Masterclass make this memory strategy a discipline too, they memorize faster. Its that simple, though you can find more intricate approaches to engaging all your senses in the mnemonic works of authors like Giordano Bruno and Tony Buzan. Ive just found that KAVE COGS works best for me. It took me a while to come up with, but once I settled on the pattern, I was very pleased by the results. But due to how memory works, you should certainly consider creating your own multi-sensory model if KAVE COGS isnt right for you. The point is to have one in the first place so you dont waste time thinking about how youre going to make the target information stickier. You just follow the system. Five: Use Spaced Repetition ProperlyMany people know about spaced repetition. But they dont optimize how it works. Thats why I highly recommend you read my full guide to using spaced repetition properly. Briefly, you need to call information to mind first, then write it down by hand. Plenty of active recall studies show this exact process works well. Alternatively, you can perform active recall completely from within a Memory Palace. You can also explore my guides on improving your use of these popular spaced repetition devices: Flashcards Zettelkasten Leitner boxes AnkiOnce you understand your options for optimizing each of these popular spaced intervals. Leaving it to software to decide is a tragic mistake because notifications are easy to dismiss. In this study, researchers also show the consequences of not getting enough cumulative reviews, which often happens when we relegate our review schedule to machines. To avoid such problems, I suggest keeping a memory journal to help stimulate reflective thinking as you test the memories youre working to establish Journaling is powerful because it builds metacognitive awareness around your practice. The process will give you clues on how to improve, and thats ultimately how you wind up memorizing faster. For more information on how memory champions use journaling, check out my interview with the legendary Johannes Mallow. Rapid Recap: How to Memorize Anything FasterYou now know to create Memory Palace, learn the main tools of mnemonic association and tactics like multi-sensory elaboration, chunking and spaced repetition. By combining these five simple approaches, you will rapidly enhance your ability to memorize information quickly and effectively. Beyond that, you just need to be consistent. My guide on deliberate practice will help you with that if you dont know how to show up often enough to get results. And if you need more help with Memory Palaces and other mnemonic tools, sign up for my free course here: It gives you four video tutorials and worksheets that will help you improve the speed of your memory. So what do you say? Are you ready to use what really works when it comes to permanently committing important information quickly? Lets do this thing! Related Posts When you walk down the street, do you really see the sights along the way? Do you note the types of trees you pass, the sunlight filtering through their branches, or the whistling trills of robins perched in them? Those types of details are easily missed in a world of electronic screens and hectic schedules. But theyre increasingly important as we get older and attention to is what you remember, says Dr. Andrew Budson, lecturer in neurology at Harvard Medical School and co-author of Why We Forget and How to Remember Better. Fortunately, theres an easy way to improve attention and memory: a practice called mindfulness? Mindfulness is the practice of focusing on the present moment. It involves being fully aware of everything around you and within you: the sights, sounds, smells, and touches you might be experiencing, as well as your feelings and thoughts. Its not necessary to judge and analyze this information, only to observe it as it comes and goes. This exercise triggers the relaxation response, a well-studied phenomenon that turns off the faucet of certain hormones (adrenaline and cortisol) that flow through the body when youre stressed. Reducing those hormones helps lower your heart rate, blood pressure, and breathing rate. Reduced stress, in turn, leads to sharper thinking. When adrenaline puts you in a fight-or-flight state, it helps you pay attention and remember whatever is stressing you out, but it comes at the expense of everything else youre trying to remember, Dr. Budson says. Without the stress hormones and distractions of whatever caused stress, the mind is able to focus attention on what you want or need to remember a persons name or an appointment time, or something new youve read in the paper or watched in a documentary. Evidence for mindfulness Many studies have shown that mindfulness helps you concentrate, pay more attention, engage more effectively in daily activities, and improve well-being. And the practice might have lasting effects. For example, a 2021 study of 81 healthy people over age 60 found that those who took part in six months of mindfulness training were better able to maintain attention. Participants also showed brain changes that could help them process information and focus better. Why its important right now Our beautiful brains are aging every day, which causes attention and memory to become a little fuzzier. Part of this is due to normal changes in brain cells. They go from being particularly good at learning new information to being particularly good at holding on to previously learned information, Dr. Budson says. Changes might also be due to subtle brain injuries over many years, such as ministrokes, mild head trauma, and even pollution exposure. Many of these little injuries affect the frontal lobes of the brain or their circuitry and lead to minor difficulties with attention and memory, Dr. Budson says. Practicing mindfulness might help you fight these various changes and make the most of your older, still beautiful brain power your intellect, imagination, and deep knowledge base. Give it a try You can take a mindfulness class or simply practice mindfulness at home. Sit quietly in a comfortable position, close your eyes, focus on your breathing, and observe sounds, sensations, and thoughts as they come and go. You can also incorporate mindfulness into your daily life. Go on a mindful walk, paying attention to the trees you pass and everything about them. Pay attention while you eat, savoring every bite or while doing any activity. Just focus on your breathing, engage your senses, and note the tiniest details, from the way your hands move and how water feels as you wash dishes, to the way your senses, and note the tiniest details, from the way your senses, and note the tiniest details are the tiniest details. mindful youll become, and better able to notice and remember details. This article is brought to you by Harvard Health Online+, the trusted subscription service from Harvard Medical School. Subscribers enjoy unlimited access to our entire website, including exclusive content, tools, and features available only to members. If you're already a subscriber, you can access your library here. Image: momcilog/Getty Images Memorization plays a vital role in many aspects of life, whether you're cramming for a test, preparing for a test, preparin proven techniques that can speed up the process and help you retain information more effectively. Trending SearchesSEARCH ALL JOBS In this article, we'll outline the benefits of sharpening for a last-minute exam or trying to impress someone with your knowledge, these strategies will help you get the job done in no time. Improving your memorization skills comes with several key benefits that can enhance both your personal and professional life. Improved productivity: When you can recall information quickly, you spend less time looking things up or double-checking details. This boosts your productivity, especially in high-pressure situations. Increased confidence: Memorizing important facts or concepts quickly makes you feel more prepared and confident in both personal and professional settings. You'll be able to speak more naturally without relying on notes. Better long-term retention: The right techniques can help information stick in your long-term memory, allowing you to recall it whenever needed. The time it takes to memorize something varies depending on several factors, including the complexity of the material, the memorization technique used, and individual learning abilities. On average, it might take anywhere from a few minutes to several hours to memorize smaller pieces of information, such as a short list or a phone number. For more complex material, like studying for an exam or memorizing a speech, it could take a few days of consistent review and practice using techniques like spaced repetition. There are several occasions when knowing how to memorize fast is essential. Here are a few common scenarios: Studying for an exam: Students often face situations where they need to absorb a lot of information in a short time. Fast memorization techniques can make studying more effective. Preparing for a presentation for work or delivering a speech; memorizing key points quickly ensures that you can speak confidently and naturally. Learning a new skill: Picking up new skills or knowledge quickly, such as a language or complex concepts at work, often requires fast memorization. Remembering names and faces quickly can help you leave a lasting impression. Now, let's explore some practical tips on how to memorize something quickly. When it comes to how to memorize things, using the right techniques can make all the difference. Instead of relying on rote repetition, there are more effective strategies that engage your brain and help you retain information faster. Whether it's breaking information into chunks or using visual aids, these techniques will help you maximize your memory in a short amount of time. These 10 proven tips can speed up the memorization process and ensure that what you learn sticks when you need it most. Chunking involves breaking down large amounts of information into smaller, more manageable pieces. For example, instead of trying to memorize a long string of numbers like 867-5309, break it into chunks like 867-5309. This method works particularly well for phone numbers, lists, or sequences of information. How to use it: Group related information into smaller sections and focus on memorizing one chunk at a time before moving on to the next. Mnemonics are memory aids that help you associate information with something more memorable. You might create a rhyme, acronym, or song that helps the information stick in your mind. How to use it: For example, to memorize the colors of the rainbow (red, orange, yellow, green, blue, indigo, violet), were taught to use the acronym ROYGBIV. Our brains often remember visual cues more effectively than written or spoken words. By associating information with vivid mental images, you can speed up the memorization process. How to use it: If you need to memorize a list of items, create a mental image for each item. The more unusual or exaggerated the image, the better it will stick in your memory. The method of loci (also known as the memory palace technique) is an ancient memorization method where you associate pieces of information with specific physical locations. How to use it: Imagine walking through a familiar location, such as your home, and placing pieces of information in different rooms or areas. When you need to recall the information, visualize yourself walking through that location. Wondering how to memory. This technique works because it engages multiple sensesyou're not only reading or thinking about the information but also hearing yourself say it. How to use it: Try reading important details out loud multiple times. If possible, repeat it in a conversation with someone else. Spaced repetition is a learning technique where you review information at increasing intervals over time. Instead of cramming everything at once, this method allows the brain to reinforce memory through gradual exposure. How to use it: Use flashcards or apps designed for spaced repetition (like Anki or Quizlet). Review key concepts shortly after learning them, then revisit them periodically over the next few days or weeks. Writing engages different parts of your brain and can improve retention. How to use it: After reading or hearing important information, write it down in your own words. This forces you to actively engage with the material and ensures youre processing the information rather than just passively reading or listening. One of the best ways to solidify your understanding and memory of something is by teaching it to someone else. When you explain concepts to another person, youre forced to recall the information in a clear and logical way, which strengthens your memory. How to use it: After learning something new, explain it to a friend, family member, or even to yourself. Teaching helps highlight any areas where your understanding is weak, prompting you to review those sections more closely. Associating new information with something you already know can help you memorize it more quickly. The human brain likes to find patterns and connections, so linking a new fact or concept with a familiar idea can enhance recall. How to use it: If youre learning a new language, for instance, you might associate new vocabulary words with similar-sounding words in your native language or with images that represent the word. The key to knowing how to memorize things fastit may seem counterintuitive taking breaks and getting adequate rest. Cramming too much information without giving your brain time to process it can lead to mental fatique, which hampers your ability to recall information. Sleep is also essential for memory consolidation. How to use it: Study or practice in short bursts (20-30 minutes) and take five-10 minute breaks in between. Make sure to get a full nights sleep before you need to recall the information. Whether you want to know how to memorize a speech fast or youre preparing for an exam, a presentation, or simply want to improve your memory for day-to-day tasks, these tips will help you memorize information quickly doesnt have to be stressful if you apply the right strategies. By breaking down information into smaller chunks, using mnemonic devices, visualizing details, or even teaching what youve learned, you can enhance your ability to remember key information in a short time. Also, remember that memorization isnt just about learning something quickly; its about ensuring the information stays with you. Techniques like spaced repetition and taking breaks give your brain time to process and store information in your long-term memory. So, instead of cramming last-minute, try adopting these practices to not only memorize faster but also retain what youve learned longer. With consistent practice, your ability to memorize faster but also retain what youve learned longer. With consistent practice, your ability to memorize faster but also retain what youve learned longer. With consistent practice, your ability to memorize faster but also retain what youve learned longer. With consistent practice, your ability to memorize faster but also retain what youve learned longer. With consistent practice, your ability to memorize faster but also retain what youve learned longer. With consistent practice, your ability to memorize faster but also retain what your long-term memory. streamlined memorization tool can help you with lines, poems, speeches and monologues - basically anything that needs to be spoken. Memorizer works with dozens of languages, including English, Spanish, Portuguese, French, and German. 2015/10: Offers dark mode (in supported browsers). 2013/12: Available offline (in supported browsers). browsers).2013/12: Calculates approximate speaking time. You learn best by hearing, seeing, or doing, so find out what type of learner you are familiar with memorization techniques. In addition, ask people who know you well and/or are familiar with memorization techniques. In addition, ask people who know you well and/or are familiar with memorization techniques. In addition, ask people who know you well and/or are familiar with memorization techniques. In addition, ask people who know you well and/or are familiar with memorization techniques. In addition, ask people who know you well and/or are familiar with memorization techniques. In addition, ask people who know you well and/or are familiar with memorization techniques. In addition, ask people who know you well and/or are familiar with memorization techniques. find out how you memorize best is by trying to memorize in different ways.

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what vegan options does burger king have