

Video: 'Our brains love pictures' — Lebanese teenage savant recites all 206 bones of the body in random order

"You don't have to be born with superpowers to have a good memory," researcher Olav Schewe says. He provides some useful tips.

But first, let's talk to Banan Sultan Nassereddine from Lebanon.

Nassereddine memorised the names of the 206 bones in the body. Then she recited them at lightning speed in front of people from the Guinness World Records.

"I did it in 5 minutes and 37 seconds," she says.

Nassereddine says she is an ordinary teenager without superpowers.

"Anyone with a strong desire and a goal can do what I did," she says.

She does four things that help the brain along the way. She reads, engages in physical activity, plans, and gets enough sleep.

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Schewe has conducted extensive research on how to improve our memory and has several tips.

"Our brain loves pictures. It may therefore be helpful to visualise or find pictures related to what you want to remember," he says.

Another tip is to test yourself.

"Let's say you want to learn the capitals of Europe. It's better to do more than just look at a list," he says.

Creating flashcards is a good idea.

[**This is an excerpt. Read the full article here**](#)