



Memorize the Reasons!: Defending the Faith with the Catholic Art of Memory

Kevin Vost

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In his bestseller *Memorize the Faith!*, Kevin Vost rediscovered a memory method invented by the ancient Greeks and perfected by medieval scholars, and showed twenty-first-century Catholics how to use it to recall everything from the Ten Commandments to the Seven Deadly Sins. Now, in *Memorize the Reasons!*, Dr. Vost shows you how to remember information you need to explain and defend the Catholic Faith. Often when we're challenged by non-Catholics who always seem to be able to quote chapter and verse we stumble, and later think regretfully of what we might have said. The powerful mnemonic techniques found in *Memorize the Reasons!* will make sure it never happens again. In simple steps that even children can master, Dr. Vost teaches you how to build memory cathedrals inside your mind, and to fill them with vibrant images that will instantly recall reasons for the papacy and Church authority, for Catholic beliefs about the Blessed Virgin Mary, for Sacred Tradition (and against sola scriptura), and more!

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