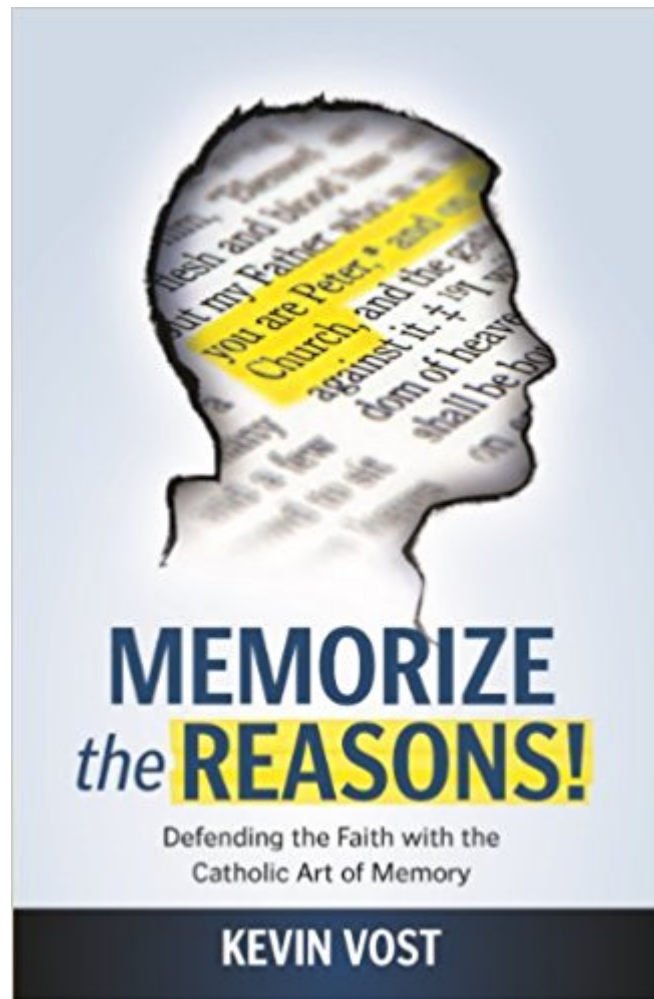


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# Memorize The Reasons!: Defending The Faith With The Catholic Art Of Memory



## Synopsis

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!

## Book Information

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## Customer Reviews

In his first book, "*Memorize the Faith!*," Kevin Vost taught readers how to recall key elements of the Catholic Faith using the "method of loci." This method, used both by the ancient Greeks and medieval giants such as Thomas Aquinas, consists of mentally visualizing a familiar place (such as a room in your house) and then sequentially placing memorable (often funny) items at various locations. In "*Memorize the Reasons!*," Vost employs this method to different sections in a cathedral (facade, left side of the nave, sanctuary, right side of the nave). In each section he then draws our eyes to ten different locations where we see vivid images to help us recall the reasons to hold the

Catholic Faith. In the course of the book we are led through three cathedrals: St. Peter's (where we learn 40 reasons for Catholic beliefs regarding the Papacy and Church), Notre Dame (40 reasons for Catholic belief about the Virgin Mary), and the First Catholic Bible Church (40 reasons for beliefs regarding the Bible and Tradition). The reasons Vost provides are enough to make the book an apologetic goldmine, but the tools he provides for committing them to memory make it like no other book of apologetics in existence. The images Vost chose as memory aids are extremely effective. For instance, whenever a reason is taken from the Acts of the Apostles, an "ax" appears in the image; if from Philippians, a person "flipping;" if from Ignatius of Antioch, an "igniting flame," etc. To me the most difficult aspect of using the method of loci is creating the images; here it is ready-made. The majority of Vost's reasons come, as they should, from Scripture; but he has also provided meaty quotes from the Church Fathers and even Protestant Reformers!

Don't ask author Kevin Vost how much ya bench? • because the answer is, more than you. • He psychologizes, he lifts weights, and he has a whole truck load of reasons memorized for the Catholic Faith. Up til now he was keeping his cards close to his chest, but with his new book, *Memorize the Reasons!*, he has revealed how he applies the Catholic art of memory to the reasons supporting our beliefs. And how anyone can do the same. Kevin tackles the distinctive Catholic doctrines: the primacy of Peter and his infallibility, the Marian dogmas, and Scripture-related beliefs, including the canon question, and he shows how to memorize the most important arguments and evidence for each of these. His memory method is one used by the ancient Greeks and then extended by St. Thomas Aquinas and St. Albert the Great. For each doctrine to be memorized, you imagine a particular place, like a cathedral, and do a virtual tour of it in your mind. Then, for each item supporting the doctrine, you imagine a location in the cathedral that has an image associated with it "typically something striking or interesting" that connects with the reason or piece of data that is the evidence. For example, for the primacy of Peter, at the top of the steps leading into the cathedral, the image you see is a winged man handing you a golden key. The winged man reminds you of St. Matthew and his gospel, since each of the evangelists had an animal or being associated with them (e.g. St. John/eagle), and the golden key reminds you of the keys to the Kingdom that Jesus gave to St. Peter in Matt. 16:19. Presto! You have a location and an image associated with it to help you remember one reason for the Catholic teachings on the primacy of the bishop of Rome.

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