

# Video Directory Summary

**Lesson 1** – A sampling of associations from the Bible, Book of Mormon, and Amendments to the Constitution to provide the viewer with a broad sampling of methods used to associate single-image associations.

**Lesson 2** – Detailed examples of association methods 1-5 (out of 10) using the Bible and the Book of Mormon. A synopsis of all 10 methods can be found in the document, “The 10 Methods of Number Association” on the website.

- 1- Already known due to prior exposure
- 2- Position or Content is Obvious
- 3- Number already used in the material
- 4- Sounds like the number (Rhyming Associations)
- 5- Looks like the number

**Lesson 3** – More examples from the Bible and Book of Mormon of association methods 6-9 (out of 10). Starting with #7, multiple-image associations are addressed. A synopsis of all 10 methods can be found in the document, “The 10 Methods of Number Association” on the website.

- 6- Number Substitution
- 7- Bracketing / Series Associations
- 8- Proximity (events around an existing association)
- 9- Rote Memorization

**Lesson 4** – **Translation Method** (method #10), where numbers are translated into words which can then be used in an association. Includes an active demonstration where each viewer can rapidly associate 20 items in a list and repeat them back with 100% accuracy. Used on large chapter and verse numbers (D&C sections and on the longer books of the Bible and Book of Mormon). When every other method fails, Translation always works.

**Preach My Gospel lesson** – The 47 titles to each of the lessons are learned by the end of the video. This video covers Series Associations in great detail, with many examples and styles used. Great for missionaries, members and students of any age. The Series Method is critical for teaching, talks and sermons, and learning any lengthy material.