

Kam Knight Media Kit

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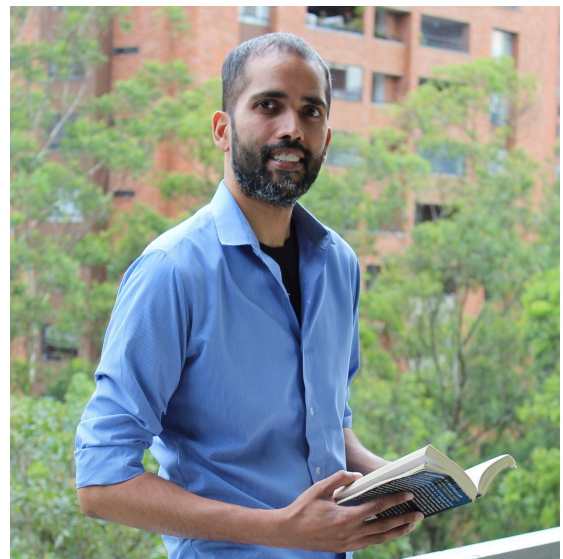
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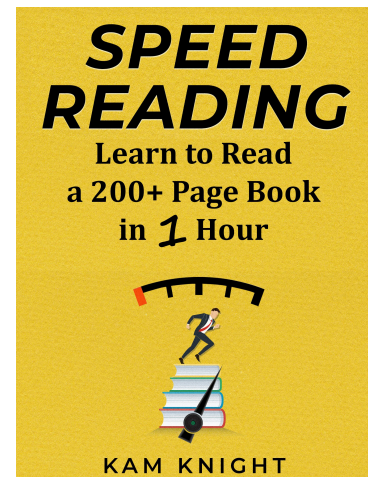
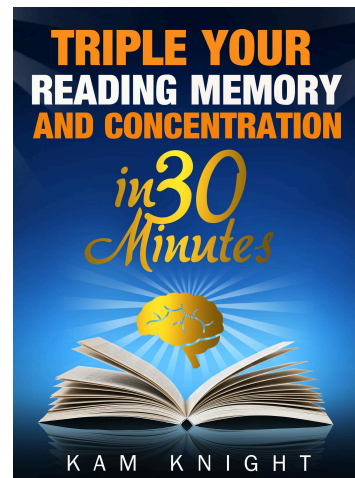
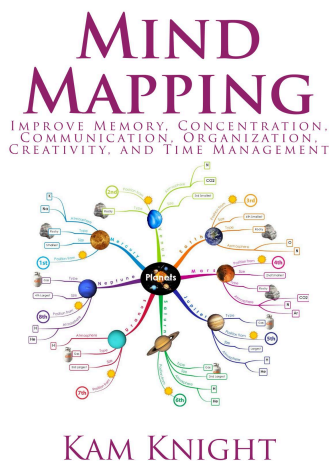
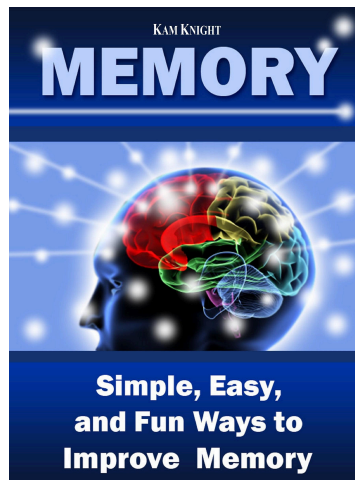
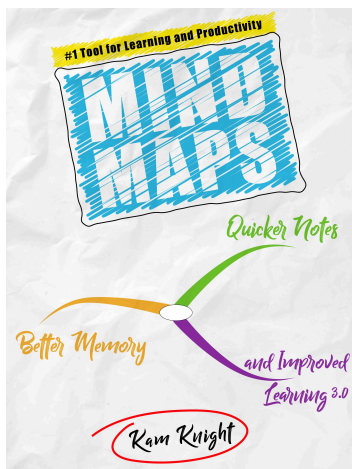
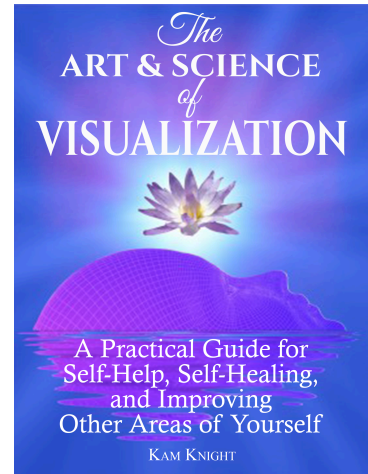
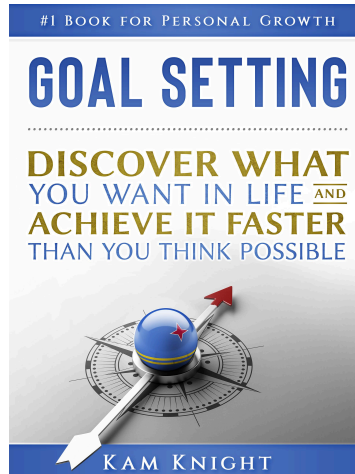
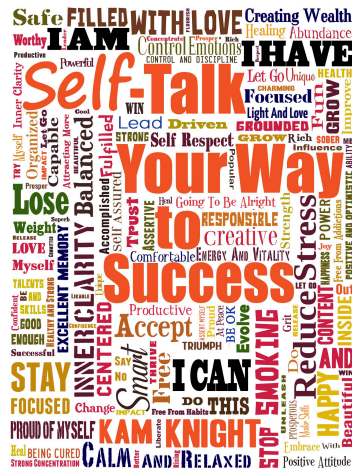
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[Interview Questions](#)

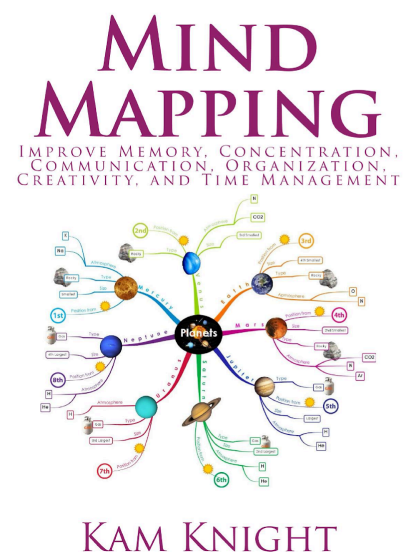
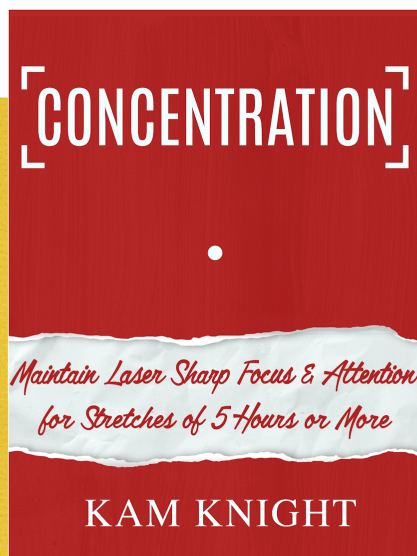
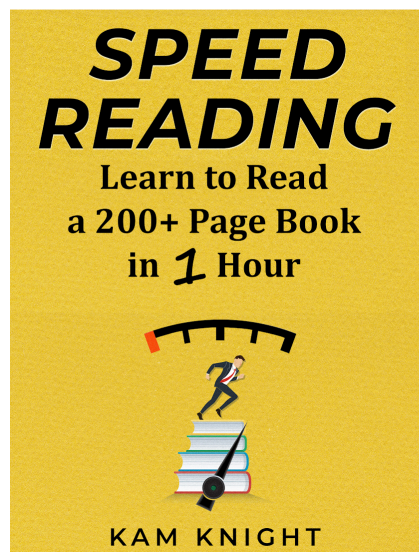
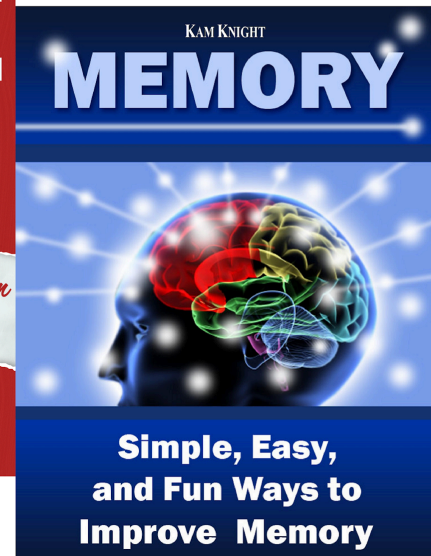
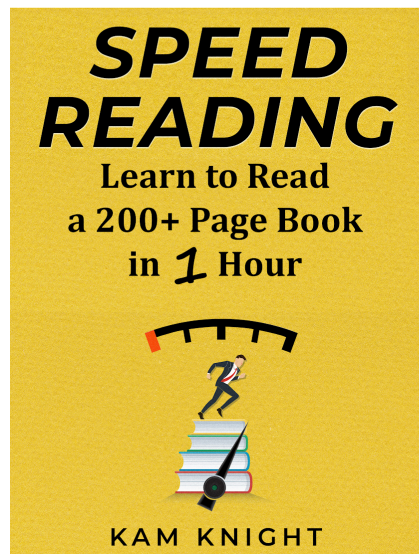
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Bio

Short

Kam Knight is a coach, writer, and author of several bestselling books in the area of mental performance such as memory, concentration, and productivity. He's dedicated the last 15 years of his life understanding the secrets of the mind and how to optimize its performance. When he's not writing, he's globetrotting having traveled to nearly 100 countries around the world.

Long

Kam Knight is a coach, writer, and author of several bestselling books in the area of mental performance such as memory, concentration, and productivity. Growing up, he had tremendous difficulty focusing, sitting still, and keeping his mind on his thoughts and his thoughts on his mind. His mind and emotions raced and flew all over the place in quick, intense, and uncontrolled succession. This kept me from performing well in school and affected every area of his personal, professional, and academic life.

Over the past 15 years, Kam has dedicated his life to understanding, exploring, and managing this mayhem. In his quest, he has left 'no stone unturned,' willing to go anywhere and try anything, including working with shamans in jungles of Amazon, experimenting with innovative plants in Africa, visiting ashrams in Asia, and everything in between.

This has given him insight into the mind and human condition that is unparalleled – what's going on inside and how different drives and mechanisms affect our thoughts, actions, and decisions. Kam Knight's writing, books, and courses are a distillation of what he's learned on this incredible journey.

Blurbs

“Kam understands people and their tendencies EXTREMELY well. Better than anyone I’ve come across.”

Ray Hylton

“Kam's insights into the psychology of why we do and don't do the things are clear and concise.” - **Jon**

“We are currently awash in a tidal wave of advice-givers, self-help-gurus, super-coaches, and other baloney hucksters who are wangling their way to a web presence and freedom from their day jobs. Kam Knight is a refreshing (and rare) departure from this tsunami of rehashed ideas and inspirational fluff.” -

Matt Hannigan

Social Media Links

facebook.com/thekamknight

twitter.com/mindlily

instagram.com/kam.knight

linkedin.com/kamknight

Interview Questions

I write, teach, and coach in the area of mental performance, which includes diverse topics such as memory, concentration, speed reading, and productivity. Depending on the topic you'd like to discuss, I've prepared a list of questions for each topic.

Memory

1. Why shouldn't people trust their memory?
2. You make the claim the mind is built to forget, why would the mind make us forget?
3. How does the mind decide what information to keep?
4. What's the most important principle to memory?
5. What's the most powerful memory technique a person can use?
6. What role does our sense of sight have on memory?
7. How can someone use sense of sight to remember more?
8. Does osmosis work?
9. How important is it to be active with material.
10. How does getting out of our head help us remember more.

Concentration

1. Why do you believe concentration is the most important skill anyone can develop?
2. What makes concentration so challenging?
3. Is better concentration possible for anyone?
4. What's one technique, that doesn't take a lot of time and effort, that people can easily apply to get big results?

5. For people who tend to be in their head, what can they do to focus on the world outside of themselves?
6. For many people, their thoughts tend to wander all over the place, how can someone battle a wandering mind?
7. What is something people can do when they are unmotivated, tired, or procrastinating too much that can perk up focus in the moment or give immediate results?
8. How does distractions play into the concentration equation?
9. Can a person's environment influence concentration or focus?
10. What is the biggest hindrance to a person's ability to focus.

Reading Speed

1. What is speed reading?
2. Why is speed reading useful?
3. What are some misconceptions about speed reading?
4. You say there is a technique that can triple people's reading speed in a matter of seconds, what is it?
5. There is a lot of talk around subvocalization, what is that and why is it important?
6. What are some ways people can reduce subvocalization?
7. How can we improve focus while reading?
8. How can readers remember/retain more of what they read?
9. What can a person do to better understand written information?
10. Should all material be read the same?