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Google Home is a new entrant to the voice assistant device market, where the Amazon Echo has reigned as an unstoppable winner for nearly two years. Here's how to set up a Google Home device and start giving out voice commands full-time. What is Google Home and why do I want it? Google Home is essentially a version of Google's Amazon Echo. This allows you to do almost the same thing you can do with your Android voice assistant, but without pulling out your phone to use it. Instead, it is a standalone device that sits on a desk, countertop or side table and is always ready to go when you want to ask a question or give a voice command. If you don't have an Amazon Echo yet but want to see what all the fuss is about, getting a Google Home is an alternative you can look at, especially since it only costs \$129, while Echo is priced at \$179. Of course, Echo is probably the best option right now, since it supports more smarthome devices, but Google Home has a few exclusive features of its own, like access to Google's mass knowledge library, or the ability to control Chromecast (which Amazon can't do). RELATED: How to customize and customize the Amazon Echo How to set up Google Home Settings Google Home takes only a few minutes, after which you will be up to the races. Once you connect the device, it will automatically load, and from there you will need to download the Google Home app to your phone, which is available for iOS and Android. Open the app and click on the Accept button in the bottom right corner of the screen. The app will let you know that your Google Home has been found. Hit Continue to start the installation process. When the app connects to Google Home, the device will play test sound to confirm that it is connected. Click on the Play Test Sound button to start the process. Click on the button I heard the sound in the bottom right corner if you heard the Google Home device make a sound. If not, try again. On the next screen, you'll choose which room the Google Home is in. Just click on the Select Room button and select a room. Once this is done, hit Continue down at the bottom. Next, you'll connect Google Home to the Wi-Fi network. Click on the Select Wi-Fi button and select yours from the list. Enter the password for the Wi-Fi network and dial Continue at the bottom. Once you've connected to Wi-Fi, click in. If you've already logged into other Google apps on your phone, your Google account should automatically pop up. Click on the Continue button as (your name) . If not, you need to log into your Google account before you continue. On the next screen, you're asked if Google Home can access your personal information, such as calendar, notes, flight information, and so on. This allows provide you with the best results with certain voice commands (for example, asking what's on your agenda for today). Keep in mind that anyone within the range of conversations can access this information. Choose either Allow or Skip at the bottom. The next step is to set up your location and give Google permission to access it. The app will try to determine your location, but if it's off anyway, you can hit the pencil icon to the right and log into your location manually. Once you're done, click on Set Location down at the bottom. On the next screen, you can choose whether you want to receive email notifications about the latest news and information about Google Home. Use the switch on the right and then hit Continue. Next, you'll choose the music streaming provider you want to use with Google Home. Obviously, Google Play Music and YouTube Music are options, but you can also link to Spotify or Pandora. Hit Continue when you're done to move on to the next step. After that, you can get a message that your Google Home is still updated, so sit tight for a few minutes and wait for it to end. Once this update is done, it will have to restart. Click on the Reboot button in the bottom right corner. As soon as it restarts, the app will tell you that the setup is complete. Hit Continue to go to the tutorial or choose Skip tutorial. The tutorial consists of nothing more than to give you a few voice commands that you can use and shows you how to use them. Hit finish the tutorial on the last screen to get out of it. You will then be delivered to the Google Home Settings screen (where it might be a good idea to explore and see what you can set up). Tapping the back arrow in the top left corner will take you to the Device app screen where your Google Home appears on the list. At this point, your Google Home is ready to go and you can start using it. Just say Ok Google and Google Home will start listening. After that, the world is your oyster. Amazon may be leading the pack to buy things with your voice on Echo, but that doesn't mean Google is content to sit this race. Depending on where you live, you can buy things from Google Home using Google Express. Here's how to set it up. RELATED: Amazon Echo vs. Google Home: Which one should you buy? If you're not familiar with Google Express, it works a bit like Amazon Prime. You can order various items and deliver them directly to your door. However, Google does not have its own grocery delivery warehouses, such as Amazon. Instead, Google will sell you items from other stores like Costco, Walgreens, Whole Foods, and more. Google coordinates with stores in your area to send you items that these stores sell. When you buy things through Google Home, you can specify that you want to buy things from a particular store, or or Can choose a store for you automatically. First, add a payment method and a shipping address before you buy things from Google Home, you need to customize how you will pay and where your things should go. To get started, open the Google Home app and tap the menu icon in the top left corner. Then click on the More Settings option. Scroll down to The Google Account Settings section and click the Payments button. If this is your first time tweaking the payment method with Google Home, you should see a screen like this one. Click on the big blue start button to continue. Next, you'll see the terms of service of the page. Click the Accept button. If you've used Google to pay for anything from your account before, you should see a list of credit and debit cards you've added. Choose the one you want to use for your purchases. You will then be asked to enter your CVV code. You can also add a new credit or debit card and use it. Next, you need to add a delivery address. Once again, if you add an address to your Google account, you can choose it from the list, or you can add a new one. Finally, Google will ask you to confirm that you want to use this information on shared devices such as Google Home. This is basically letting you know that anyone who can talk to your Google Home will be able to buy things from your account. This includes your family, friends, home guests, and news on TV. If you have multiple Google Home devices connected to your account, you can choose which ones you want to give this privilege here. Once all that is set up, you are ready to start ordering things through Google! Start shopping with Google, or a particular store after setting up the payment system, you can start ordering things. To start ordering, say something like Ok Google, buy LR44 batteries. Google will read with top search results and ask if you want to order this item. Say Yes to order, or no, to get the following search result. At any moment, you can say cancel to stop the search. According to Google's help, you can also specify a store if you prefer your batteries from a specific company. Just tell Buy a battery from Fry to get results just from your favorite store. If you have already bought an item, you can also tell to reorder the batteries to place the same order again. Check out the chart above for the full range of voice commands that you can use to order from Google Home. The latest update is September 18, 2020 Memory plays an important role in our lives, both in the short and long term. If you're wondering how to improve your memory, I'm here to tell you that there are natural and effective ways to do this. Despite the fact that think improving your ability to remember information is definitely possible. You just need to know the right ways to do dive straight into the first of seven simple ways to improve memory effectively and reduce the risk of memory loss. Meditate We live in a world of non-stop, 24/7 information. It's like a waterfall that endlessly infuses news, data, facts and figures into our conscious mind. Unfortunately, our brain is not designed to absorb this huge amount of information. So it's no surprise that most people struggle to remember information and remember things. Even if you think you have a good memory and are comfortable with multitasking, you will also know that there is only so much information your brain can process at one time. Studies show that the more information and distractions you get, the harder it is for you to pass on information to your long-term memory. Fortunately, meditation can help. Even if you just meditate for 10 minutes a day, you will enhance your ability to focus, which in turn will make it easier for you to remember important facts. While any amount of meditation will do something to help your memory, one study noted that 8, but not 4 weeks of brief, daily meditation reduces the negative state of mood and increased attention, working memory, and memory recognition, as well as reducing anxiety scores. Therefore, if you are looking for the most benefits, try to stick to meditation practice for at least 8 weeks. However, meditation does not just have to close your eyes and sit in a lotus position. Some people prefer to just take a short walk in nature. It clears and soothes their mind, and still provides an all-important boost to their focus. Get a lot of sleep! If you're sleep-deprived or haven't slept well, it's likely that you're not able to remember well either. This is because sleep and memory are closely related. If you have a busy life and regularly find themselves not getting enough sleep, then it will negatively affect your cognitive abilities, including your memory. If you want to learn how to improve your memory, how much sleep should you get? Well, according to the National Sleep Foundation, you need at least seven to nine hours of sleep a night. If you get this amount of sleep regularly, then within a few days, you will see a tangible improvement in your ability to remember and remember things. Maintaining a proper sleep cycle isn't always easy (especially when the last Netflix series has just been released!), but if you care about improving your long and short-term memory, it's important that you try to get at least the recommended amount of sleep each night. Try these three things to naturally improve your sleep cycle: Have a fixed bedtime (preferably before 10pm) Don't eat too late to make sure your bedroom is as dark as possible sleeping precious activity. It regenerates your body, your mind, and helps with and search for information. However, don't sleep just yet as I want to tell you about another great way to increase your memory. Calling your brain when was the last time you defied your brain? I don't mean contested in the sense of overeating or under-sleeping. I mean stretching your mental abilities through things like crossword puzzles, Sudoku, and memory games. To expand your memory pot, and make you recall a razor, you have to constantly challenge your brain. Feedback from Lifehack readers such as you suggested that brain training applications are a super-efficient way to do this. These applications, used regularly, can increase focus, concentration, problem-solving, and memory. There are hundreds of these apps available (most of them for free), but I recommend starting with one of the big three: Peak (Android/iOS, free, 10 million downloads) Lumosity (Android/iOS, free, 10 million downloads) Elevate (Android/iOS, free, 5 million downloads) If you usually spend part of your week playing computer games, then instead of shooting and killing your enemies, why not let some of them live while you put your focus on increasing brain power! Calling your brain will strengthen your neural pathways and boost your mental capacity. But don't take my word for it; Try one of the apps above and see the positive benefits for yourself.4. Take more breaks When I remember my days as an aspiring entrepreneur, I distinctly remember working all hours under the sun, and many under the moon, too! At the time, I believed that the breaks were for the weak, and to become rich and successful, I needed to shed blood, sweat and tears. However, if you want to know how to improve your memory by taking regular breaks is the best way to keep yourself productive, creative and alive to opportunities. It's also the best way to learn new information. Typically, when learning a lot of new information, most people will spend hours reading it in an attempt to learn and remember the content as quickly as possible. Unfortunately, they lost sight of something. A 2011 study by the University of Illinois concluded that the brain is built to detect and respond to changes... and long-term attention to one task actually hinders performance. This is based on the so-called vigilante declaration. This can be applied to many things. For example, we often do not notice the feeling of clothing touching our body because our brain gets used to sensations. However, if you change clothes, you will probably notice a difference in texture and temperature within a few minutes. When you take a break from memorizing information, it reorients your attention and energy, leading to increased attention in It's like exercise. You wouldn't try to train vigorously for four hours in Instead, you would take regular breaks to give your lungs, heart and muscles enough time to recover. Otherwise, it will lead to muscle cramps and overexertion. Basically, make sure you take regular breaks when learning new information. I recommend at least a 10-minute break every hour. (You can also take a look at the Pomodoro method.) 5. Learn the new Skill! love this quote as it is 100% true but is often overlooked: Learning will never exhaust the mind. -Leonardo da Vinci From my experience of assisting in the career development of dozens of Lifehack employees, I can definitely say that engaging in meaningful and focused activities stimulates the mind. It also reduces stress and improves health and well-being. Let me give you an example of this: imagine you working for a global financial institution in one of your call centers. You take over 100 calls a day, many of them complaints. When you started work a few months ago, you were excited to be a full-time and work in a household name. Unfortunately, your initial enthusiasm quickly turned into disappointment. Endless complaints calls have started to take their toll on you. And the executives annoyed you too, as they were too interested in micro-managing you rather than letting you work your way. Now, in the story above, the ending may be something you put up with a job you don't like, and has led to a boring and frustrating working life for years. However, the alternative ending is that you direct your displeasure at learning new skills (computer coding). It took you a year or two to get up to speed, but it allowed you to successfully update your career, and the ongoing training made call center work much more bearable. Obviously, learning new skills gives you momentum, focus, and something to strive for. Your brain loves to learn and you have to use in this always looking for new information. When learning becomes a habit, you will find your ability to remember and remember things easily becoming a habit, too. If you want to know how to learn something new every day, check out this article 6 Start exercising if you're not working regularly, here's another reason to do so: Exercise for 20-30 minutes three times a week will improve your long-term memory. Regular exercise increases blood flow to the body and supplies the brain with extra oxygen and nutrients. A well-nourished brain is a well-functioning brain! Even if you don't have much time, studies have shown that a daily spike of 60 seconds of high-intensity exercise suggested many of the benefits of longer exercise. Interested in getting started? Here are five different That Will Help You Work: Join the Gym Join the Sports Team Buy Bike Take Hiking Dance to Your Favorite Music 7. Eat healthy food!Y sure you've heard heard You are what you eat. This applies to your brain, too. The food you eat helps determine your brain's ability to store and remember information. Poor nutrition (think junk food and soda!) harms not only your physical health, but also your mental health. Fortunately, there are several products that are particularly good for your brain and your memory. These include blueberries, celery and dark chocolate. But any fruits, vegetables or foods high in antioxidants will have a positive effect on your brain and memory. Here are some ideas: 15 Brain Foods that will super boost your brain PowerConversely, highly processed foods and those loaded with sugar will have a negative impact on your memory. This is due to them providing insufficient nutrients for your brain, leading you to easily suffer from mental fatigue. If you want to improve your mental health, eat and drink an abundance of them for brain health: Turmeric - Helps new brain cells grown Broccoli - Protects the brain from damaging nuts - Improves the memory of Green Tea - Improves brain performance, memory and focus fish oil - Fish oil supplements can increase your brain power Here's more brain food options that improve memory! Also, remember that your brain is about 75% water, so dehydration can have a huge impact on how your brain functions. Stay hydrated if you really want to improve your memory! Final thoughts I sincerely hope that these seven memory-enhancing paths that I have reviewed in this article will be helpful to you. You don't need to implement them all, but you can try the ones that appeal to you. But, if you're serious about dramatically improving your memory and avoiding cognitive decline, then start right now at taking one or more of the ways I've suggested. 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