

Switch on Your Brain: 10 Fun and Interesting Facts about Your Own Mind That You Want to Know (Paperback)



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Reviews

It is one of the most popular books. I am quite late in starting to read this one, but better than never. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Camille Larson)

SWITCH ON YOUR BRAIN: 10 FUN AND INTERESTING FACTS ABOUT YOUR OWN MIND THAT YOU WANT TO KNOW (PAPERBACK)

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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.HAVE BETTER MEMORY: Your Memory How It Works and How to Improve It - three-book bundle by Ivan Harmon Your brain should be helping you succeed. But why can't you get it to function at full capacity? Do you feel like you could perform way better in school, at work, or in your personal life if only you weren't held back by your tendency to forget? Does poor concentration come in the way of your learning new things? Does your professional or personal life seem like an endless list of problems that you can't solve? This jam-packed bundle addresses your concerns - without fluff, and without the usual shortcuts. In this modern, data-heavy, fast-paced world, people across age groups and backgrounds are expected to absorb a constant stream of information. They are also expected to tackle a variety of complex problems. But when you find yourself struggling to focus and remember all that you have to, it isn't your mind that is at fault. More often than not, inadequate mental functioning stems from a misplaced understanding of the mind itself. These two books by Ivan Harmon seek to address the root of the problem. In *Boost Your Brain Power: Learn Better, Smarter, and faster - Scientifically Proven Guides to Sharpen Your Focus and Retrain Your Brain*, you will embark on a journey through the mind to illuminate its unique abilities and tendencies. In the process discover: Factors that improve or impede your memory. Common barriers to concentration and focus. Ways in which you can focus better and creatively solve problems. Real-life instances of renowned intellectuals who overcame their mental struggles. In *10 Fun Facts About Your Memory* -...



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