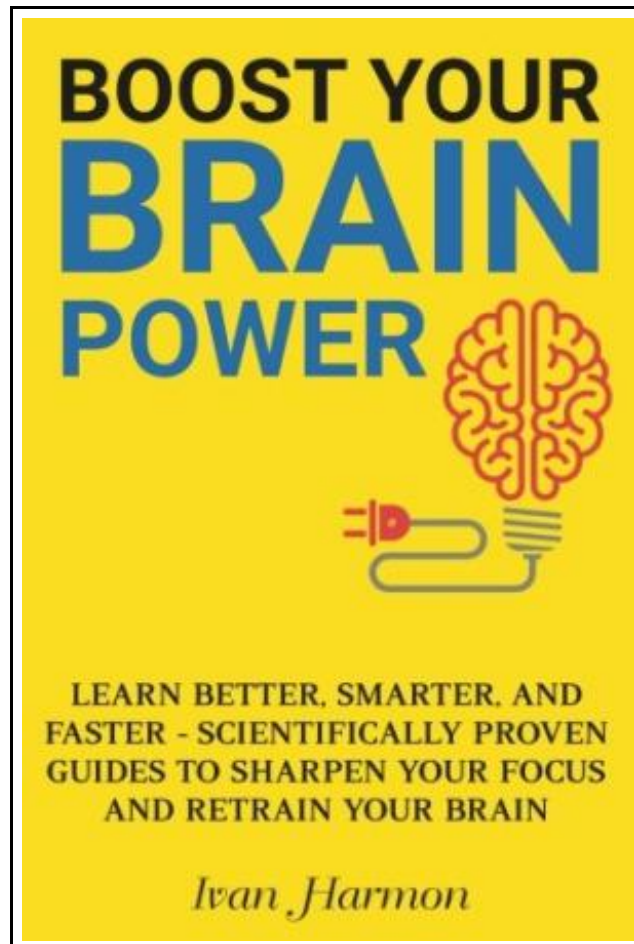


Boost Your Brain Power: Learn Better, Smarter, and Faster - Scientifically Proven Guides to Sharpen Your Focus and Retrain Your Brain (Paperback)



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Reviews



Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

BOOST YOUR BRAIN POWER: LEARN BETTER, SMARTER, AND FASTER - SCIENTIFICALLY PROVEN GUIDES TO SHARPEN YOUR FOCUS AND RETRAIN YOUR BRAIN (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Boost Your Brain Power: Learn better, smarter, and faster--Scientifically Proven Guides to Sharpen Your Focus and Retrain Your Brain By IVAN HARMON Your brain should be helping you succeed. But is it? Is your inability to learn better, smarter, and faster impeding your progress in school or at work? Is a lack of concentration keeping you from achieving your goals? Do you often find yourself surrounded by problems you can t seem to solve? Does your poor memory present challenges for you both personally and professionally? All the above tendencies are symptoms of inadequate mental functioning. And they trouble the best of us. Our minds are our primary tools for negotiating the pressures, challenges and distractions presented by this action-packed world. But all too often, they end up slowing us down and keeping us from realizing our potential. What keeps your mind from functioning at full capacity? More often than not, the culprit is a misplaced understanding of the mind itself. It s time to stop trying (and failing at) run-of-the-mill shortcuts to improve your memory, focus, and problem-solving abilities. Instead, it s time to get to the root of the problem. In Boost Your Brain Power, author Ivan Harmon takes you on a journey through the mind, helping you understand the intricacies and nuances that constitute what we call memory. Backed by the findings of scientific research, this book delves into the functioning of the brain and the diverse factors that affect it. Listen to your mind, and teach it to think smarter. This book brings you face-to-face with the unique abilities and tendencies of your brain. You will learn to identify the reasons why your memory functions the way...

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