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## A Sheep Falls Out of the Tree And Other Techniques to Develop an Incredible Memory and Boost Brainpower

By Christiane Stenger

McGraw-Hill. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 5.9in. x 0.6in. **SUPERCARGE YOUR BRAIN!** Discover the secrets of a world memory champion. By the age of eighteen, Christiane Stenger had won the annual Youth World Memory Training Championship-three times! Now she shares her proven brain-boosting program to help you think smarter, faster, and better than you ever thought possible. You'll learn how to: **REMEMBER** lists, names, numbers, and more **INCREASE** your overall intelligence **ENHANCE** creativity and performance **SCORE** higher grades in school **SUCCEED** in work and in life Packed with interactive exercises, activities, and quizzes, this fun-filled guide shows you simple everyday ways to improve your memory and sharpen your mental skills, using odd phrases, silly stories, and visual images you'll never forget. (The book's title, A Sheep Falls Out of the Tree, is a trick for remembering numbers!) Best of all, your new memory powers will benefit every part of your life, from home to school to work. So grab a pen and get started on improving your memory-with the training program of champions. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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