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The Power of Forgetting: Six Essential Skills to Clear Out Brain Clutter and Become the Sharpest, Smartest You

By Mike Byster

Harmony. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 7.9in. x 5.1in. x 1.0in. An uncommon guide for accomplishing more every day by engaging the unique skill of forgetting, from the creator of the award-winning memory training system Brainetics! Is it possible that the answer to becoming a more efficient and effective thinker is learning how to forget? Yes! Mike Byster will show you how mastering this extraordinary technique for forgetting unnecessary information, sifting through brain clutter, and focusing on only important nuggets of data will change the quality of your work and life balance forever. Using the six tools in *The Power of Forgetting*, you'll learn how to be a more agile thinker and productive individual. You will overcome the staggering volume of daily distractions that lead to brain fog, an inability to concentrate, lack of creativity, stress, anxiety, nervousness, angst, worry, dread, and even depression. By training your brain with Byster's exclusive quizzes and games, you'll develop the critical skills to become more successful in all that you do, each and every day. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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