



Learning: 7 Ways to Increase Your Learning Potential in 7 Days

By Ruth Logan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learning - 7 Ways to Increase Your Learning Potential in 7 Days Can't seem to remember what happened the previous day? Maybe your memory is splitting away or you are in the middle of studying. Do you have a crucial exam coming up and need to increase your learning potential? Or you could generally want to increase your learning potential to live a more stress free life. This self-help book is here for you as a tool to increase your learning potential in one week. Within each chapter there is a technique that I recommend doing each day. Over time I have woven these techniques into my weekly schedule, I encourage you to keep up with these techniques to maximize your greatest asset, the mind. When we increase our learning potential it cascades into an array of areas and will aid the brain to function more optimally, such as: verbal communication, reading, problem solving, language skills, and long term memory. Overtime as we keep learning new information or activities our brain grows larger. Yes, the brain can...



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