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When in Doubt, Write It Out : An Intensive Study Manual for Students of All Ages.

By Robert A Eisenstein

Createspace, United States, 2012. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Do you need to ACE your Exams in College, High School, or for your Professional certification? Students of any age are familiar with those unpleasant pre-exam jitters which I call, Study Anxiety. You have an Exam coming up and you ask yourself the big question, Where do I even begin? Maybe you re experiencing the same issues that I did: inability to pay attention in class and a lack of focus on the given topic? I started writing this book over 25 years ago, which was almost a quarter of a century until I was diagnosed with ADD, or Attention Deficit Disorder (similar to ADHD, but without the Hyperactivity component). However, in my College days, I knew I had to fight hard against the foggy brain that I was battling to absorb so much class work. Then, in an agonizing attempt to prepare for a Midterm exam, it all just came together for me, and I found a way to methodically trick my brain into helping me as opposed to hindering me, and I was playing on it...



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