



## 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.



**READ ONLINE**  
[ 4.01 MB ]

### Reviews

*This book may be really worth a read through, and far better than other. it was actually writtern extremely completely and valuable. I am just very easily will get a satisfaction of looking at a published ebook.*

-- Lillie Toy

*It is easy in read through easier to fully grasp. it had been writtern very completely and useful. I am pleased to let you know that here is the greatest book we have read during my personal life and could be he very best book for possibly.*

-- Miss Marge Jerde