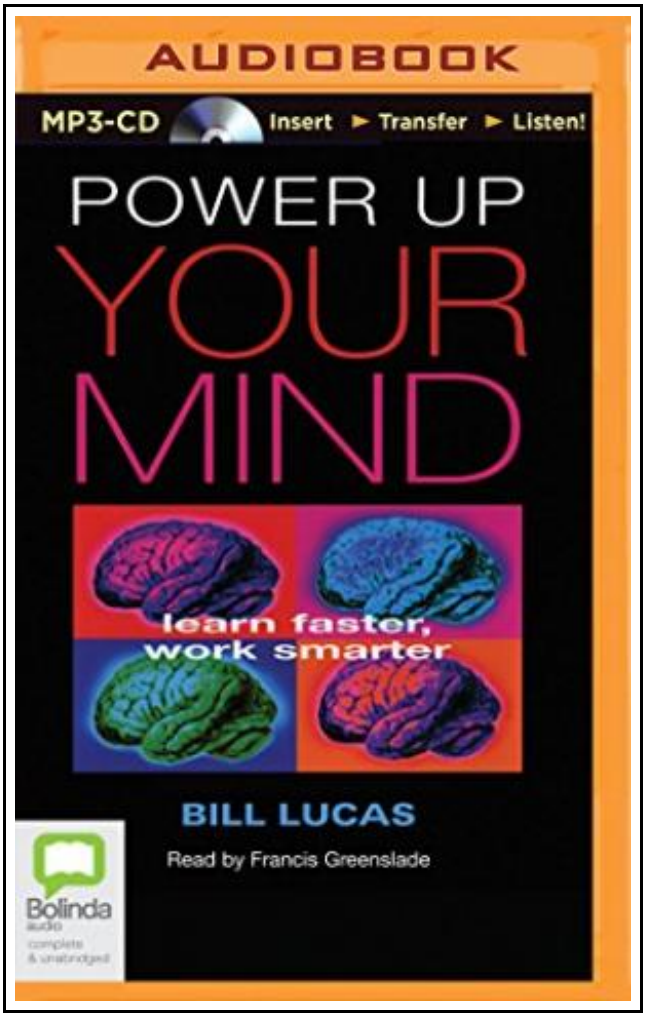
Power Up Your Mind: Learn Faster, Work Smarter



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Reviews

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Brian Miller)

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Bolinda Audio, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Bill Lucas, a leading international expert on life-long learning, shows that while we have learned more about how the brain works in the last decade than we have everknown, only a fraction of this is grasped and applied by most people. PowerUp Your Mind applies this practical knowledge for the first time and shows you how to learn. Drawing on research from a wide variety of subject areas, from neuroscience to psychology, from motivation theory to accelerated learning, from memory to diet, this book shows how everyone has the capacity to succeed and how most people use only a very small portion of their talents. At last a powerful and practical new book for learners who want to become leaders Mike Liebling, Director of Trainset and formerly of Saatchi Saatchi An excellent book about learning. It puts the ultimate learning resource the brain centre stage and helps us to understand how to get the best use out of it. Actioning even a fraction of Bill Lucas s suggestions will transform your life . Dr Peter Honey, author and expert on learning and human performance.

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