The Power Of Forgetting Six Essential Skills To Clear Out Brain Clutter And Become Sharpest Smartest You Mike Byster

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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. 3.05 · Rating details · 156 ratings · 19 reviews. 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?

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The Power Of Forgetting Six Essential Skills To Clear Out ...
Forgetting is an all too common part of daily life. Sometimes these memory slips are simple and fairly innocuous, such as forgetting to return a phone call. Other times, forgetting can be much more dire and even have serious consequences, such as an eyewitness forgetting important details about a crime.

The Psychology of Forgetting and Why Memory Fails
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 to brain fog, an inability to concentrate, lack of creativity, stress, anxiety, nervousness, angst, worry, dread, and even depression.

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