



A Sheep Falls Out of the Tree: And Other Techniques to Develop an Incredible Memory and Boost Brainpower (Paperback)

By Christiane Stenger

McGraw-Hill Education - Europe, United States, 2009. Paperback. Condition: New. Original. Language: English . Brand New Book. SUPERCHARGE YOUR BRAIN! Discover the secrets of a world memory champion. By the age of eighteen, Christiane Stenger had won the annual Youth World Memory Training Championship-three times! Now she shares her proven brain-boosting program to help you think smarter, faster, and better than you ever thought possible. You ll learn how to:REMEMBER lists, names, numbers, and more INCREASE your overall intelligence ENHANCE creativity and performance SCORE higher grades in school SUCCEED in work and in life Packed with interactive exercises, activities, and quizzes, this fun-filled guide shows you simple everyday ways to improve your memory and sharpen your mental skills, using odd phrases, silly stories, and visual images you ll never forget. (The book s title, A Sheep Falls Out of the Tree, is a trick for remembering numbers!) Best of all, your new memory powers will benefit every part of your life, from home to school to work. So grab a pen and get started on improving your memory-with the training program of champions.



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