



## Boost Your Brain Power: Learn Better, Smarter, and Faster - Scientifically Proven Guides to Sharpen Your Focus and Retrain Your Brain (Paperback)

By Ivan Harmon

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Boost Your Brain Power: Learn better, smarter, and faster--Scientifically Proven Guides to Sharpen Your Focus and Retrain Your Brain By IVAN HARMON Your brain should be helping you succeed. But is it? Is your inability to learn better, smarter, and faster impeding your progress in school or at work? Is a lack of concentration keeping you from achieving your goals? Do you often find yourself surrounded by problems you can't seem to solve? Does your poor memory present challenges for you both personally and professionally? All the above tendencies are symptoms of inadequate mental functioning. And they trouble the best of us. Our minds are our primary tools for negotiating the pressures, challenges and distractions presented by this action-packed world. But all too often, they end up slowing us down and keeping us from realizing our potential. What keeps your mind from functioning at full capacity? More often than not, the culprit is a misplaced understanding of the mind itself. It's time to stop trying (and failing at) run-of-the-mill shortcuts to improve your memory, focus, and problem-solving abilities. Instead,...



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