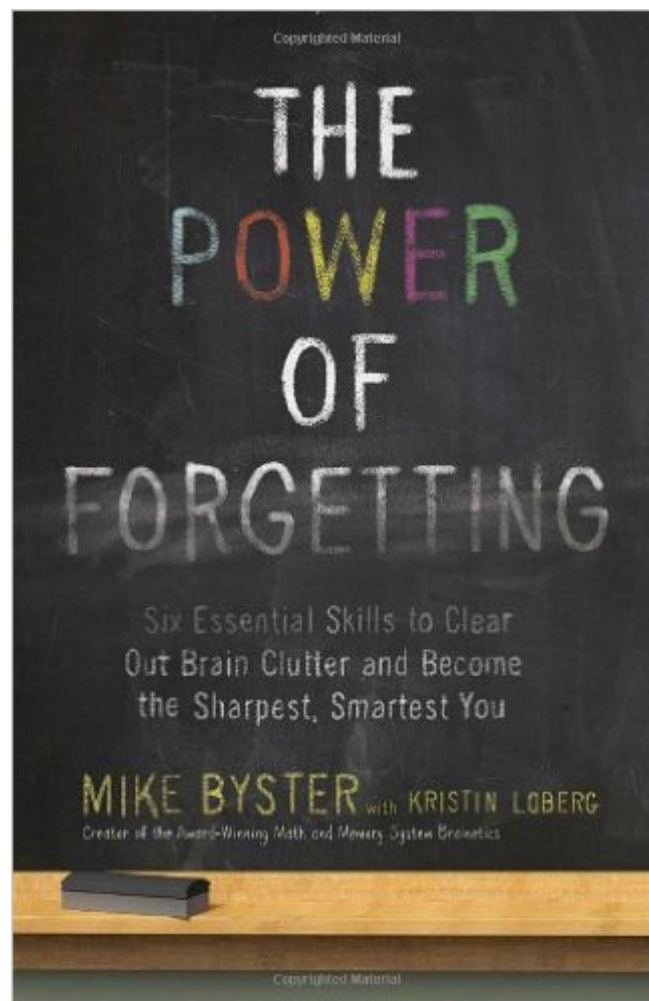


The book was found

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



Synopsis

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—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 will 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 will develop the critical skills to become more successful in all that you do, each and every day.

Book Information

Paperback: 368 pages

Publisher: Harmony (March 18, 2014)

Language: English

ISBN-10: 0307985873

ISBN-13: 978-0307985873

Product Dimensions: 5.1 x 0.9 x 8 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (22 customer reviews)

Best Sellers Rank: #959,120 in Books (See Top 100 in Books) #306 in [Books > Humor &](#)

[Entertainment > Puzzles & Games > Math Games](#) #620 in [Books > Self-Help > Memory](#)

[Improvement](#) #2138 in [Books > Education & Teaching > Schools & Teaching > Instruction](#)

[Methods > Mathematics](#)

Customer Reviews

I get it. I think. THE POWER OF FORGETTING took me a while to work through. By Mike Byster's design, it will take you a while, too. Everything starts off easily enough: here's the brain, here's how it works, and then "BAM! You're then being asked to find a pattern in a group of ten-digit numbers. For fun • Byster talks about using his brain to find out things that occur naturally, such as the longest word you can type with only the letters on the top line of keyboard. Naturally. Fun. I wanted to dismiss Byster's ideas as being over-the-top. But then

things started happening. No, I couldn't complete half of his exercises, but of those I did complete, they must have done something. I feel like I'm remembering more. I feel like I see more. He talks of the brain's elasticity, so between exercising it and relaxing it, I'm getting somewhere. Hopefully in the right direction. So, yes. I can see what folks are saying about THE POWER OF FORGETTING. Byster is in a league outside of the norm. This book will not turn you into a junior Byster. However, if you follow his steps and put genuine work into the lessons, something will happen, both in memory and mental efficiency. Part of me though wonders how much of this comes from the power of noticing and being present (which happens to be part of the title of a book I'll be reviewing in a couple of months). Here's the real thing: does Byster leave the common folks behind? Mostly, no. I would have liked simpler warm-up exercises (not sure if that goes against the Byster religion), but more so I would have liked footnotes. References. Resources. Byster rattles off info that sounds familiar to my other readings, but there aren't many go-tos. The reader won't know where he's coming from; what he's drawing from.

[Download to continue reading...](#)

The Power of Forgetting: Six Essential Skills to Clear Out Brain Clutter and Become the Sharpest, Smartest You
Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power)
Your Spacious Self: Clear the Clutter and Discover Who You Are
Clear Your Clutter with Feng Shui (Revised and Updated)
Clear Your Clutter with Feng Shui
Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity)
Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment)
Smartest Guys in the Room: The Amazing Rise and Scandalous Fall of Enron
Second Forgetting: Remembering the Power of the Gospel during Alzheimer's Disease
George Eliot Six Pack - Middlemarch, Daniel Deronda, Silas Marner, The Lifted Veil, The Mill on the Floss and Adam Bede (Illustrated with links to free ... all six books) (Six Pack Classics Book 8)
My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook
BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training)
Con conversationally Speaking: WHAT to Say, WHEN to Say It, and HOW to Never Run Out of Things to Say (Communication Skills, Social Skills, Small talk, People Skills)
Essential Oils: Ultimate Essential Oils Guide and 89 Powerful Essential Oil Recipes! (2nd Edition) - How to Use Essential

Oils for Aromatherapy and Healthy ... Loss, Essential Oil Recipes, Aromatherapy) ESSENTIAL OILS: Aromatherapy, Essential Oils For Beginners, And Essential Oil Recipes To Improve Your Health (Medicinal Herbs) (Essential oil recipes, ... Aromatherapy and essential oils Book 1) Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Digging Out: Helping Your Loved One Manage Clutter, Hoarding, and Compulsive Acquiring Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Silence on the Mountain: Stories of Terror, Betrayal, and Forgetting in Guatemala Nobel Literature Laureate Works ---Twenty Love Poems and the Song of Despair: Love is so short, forgetting is so long

[Dmca](#)