

Better And Faster The Proven Path To Unstoppable Ideas

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

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*your memory, focus, and problem-solving abilities. Instead, it's time to get to the root of the problem. In **Boost Your Brain Power**, author Ivan Harmon takes you on a journey through the mind, helping you understand the intricacies and nuances that constitute what we call memory. Backed by the findings of scientific research, this book delves into the functioning of the brain and the diverse factors that affect it. Listen to your mind, and teach it to think smarter. This book brings you face-to-face with the unique abilities and tendencies of your brain. You will learn to identify the reasons why your memory functions the way it does. And when you understand how your mind tends to approach challenges, you can give it what it needs in order to focus better and creatively solve problems. Learn about the common barriers to efficient mental functioning and discover scientifically proven guides to counter them. Also find out how some of the world's best-known minds surpassed their difficulties and trained their brains to do amazing things. In your quest for a happier brain, it is important to get the facts straight. **BUY NOW** to take the first step!*

Kevin Horsley Broke a World Memory Record in 2013 and you're about to learn how to use

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his memory strategies to learn faster, be more productive, and achieve more success. With over 300,000 copies sold, Unlimited Memory is a Wall Street Journal Best Seller and has been the #1 memory book on Amazon for more than two years. It has been translated into more than a dozen languages including French, Chinese, Russian, Korean, Ukrainian, and Lithuanian. Most people never tap into 10% of their potential for memory. In Unlimited Memory, you'll learn how the world's best memory masters get themselves to concentrate at will, anytime they want. When you can easily focus and concentrate on the task at hand, and store and recall useful information, you can easily double your productivity and eliminate wasted time, stress, and mistakes at work. The chief people officer at FranklinCovey outlines anecdotal and practical recommendations for how organizations of any size or type can create a competitive advantage by building effective relationships. If you are one of those people who still memorize things through repeating them over and over until retained, then it's time to get rid of that old habit and discover a range of various memory tricks and techniques in this book.

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Results Faster!

Time-Saving Techniques for Acing Resumes, Interviews, Negotiations, and More

Bigger Faster Stronger

The Psychology of Selling

Learn Better, Smarter, and Faster -

Scientifically Proven Guides to Sharpen Your Focus and Retrain Your Brain

Photographic Memory

Boost Your Brain Power

15 Proven Practices to Build Effective Relationships at Work

Reveals the author's strategies for taking complete control of one's time and using it to get more done, increasing productivity and income exponentially, including how to make better, faster decisions, and overcoming people problems that can sap time. 60,000 first printing.

The world's most trusted guide for leaders in transition Transitions are a critical time for leaders. In fact, most agree that moving into a new role is the biggest challenge a manager will face. While transitions offer a chance to start fresh and make needed changes in an organization, they also place leaders in a position of acute vulnerability. Missteps made during the crucial first three months in a new role can jeopardize or even derail your success. In this updated and expanded version of the

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international bestseller *The First 90 Days*, Michael D. Watkins offers proven strategies for conquering the challenges of transitions—no matter where you are in your career. Watkins, a noted expert on leadership transitions and adviser to senior leaders in all types of organizations, also addresses today’s increasingly demanding professional landscape, where managers face not only more frequent transitions but also steeper expectations once they step into their new jobs. By walking you through every aspect of the transition scenario, Watkins identifies the most common pitfalls new leaders encounter and provides the tools and strategies you need to avoid them. You’ll learn how to secure critical early wins, an important first step in establishing yourself in your new role. Each chapter also includes checklists, practical tools, and self-assessments to help you assimilate key lessons and apply them to your own situation. Whether you’re starting a new job, being promoted from within, embarking on an overseas assignment, or being tapped as CEO, how you manage your transition will determine whether you succeed or fail. Use this book as your trusted guide.

Recall more, ace tests, be more productive, and remember every little detail - with techniques from scientists and memory champions. You

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brain doesn't want you to remember everything - it's more work! Overcome your brain's instincts with advanced memory tactics to kick your memory into shape and become smarter, faster, and better. Never forget anything - from grocery lists to interview answers. Improve Your Memory is a no-nonsense guide that breaks down human memory down from a biological, psychological, and practical standpoint. You won't just learn advanced memory strategies, you'll learn why they work and why you forget. However, this book's goal is singular: to improve memory performance no matter the context, so it is full of actionable tactic after tactic after tactic to make "I forgot" a phrase that you have forgotten. Cure forgetful & absent-minded mistakes - without endless rehearsal. Peter Hollins has studied psychology and peak human performance for over a dozen years and is a bestselling author. He has worked with dozens of individuals to unlock their potential and path towards success. His writing draws on his academic, coaching, and research experience. Discover how photographic memory really works. *How, why, and the speed at which we forget information. *How your body's state impacts your memory's capabilities. *The infamous Memory Palace technique used by memory champions worldwide. *Curious phenomena of the memory,

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such as amnesia, and what it means for you. Turn your mind into a focused steel trap and do away with reminder post-its. *How mnemonics are much more than acronyms. *The Von Restorff and Zeigarnik Effects and how they impact memory. *The science of spaced repetition. *Why your brain prefers visual imagery over anything else. Memory is the key to learning, improvement, focus, and performance. How will your life benefit from a stronger memory without having to rehearse and recite for hours a day? You'll learn better. You'll create new habits quicker and understand concepts more easily. Your job or academic performance will improve, and so will your social life. You'll be able to tell stories new and old easily and never run out of things to say. The annoying feeling of imminent recall will be a thing of the past. Your life will become less stressful and more relaxed because you'll be confident everything is taken care of and accounted for. Develop an elephant's memory by clicking the BUY NOW button at the top of this page.

Are you weary of cookie-cutter fitness plans devoid of anything you can actually use? Or programs promising great abs by Monday? Eric Heiden, M.D., and Massimo Testa, M.D., are renowned physicians who've spent their lives facing every conceivable exercise problem,

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helping both elite athletes and people who want to finish a 5K or achieve lower blood pressure. Part I of this book is a treasure trove filled with everything everyone should know about fitness but that even the best athletes do not, including how to start (or restart) an exercise regimen; eat before, during, and after a workout; lose weight while getting fit; treat aches and pains; diagnose fatigue; harness your thoughts; and select the activities best suited to you. Part II unveils a twelve-week fitness program, tailored to your needs, which will optimize your time, efforts, and results. *Faster, Better, Stronger*, named one of the top ten books of the year by *Disaboom.com*, is highly inspiring and fun to read, with stories from Dr. Heiden at the Olympics and from Dr. Testa about helping the world's top cyclists as well as elderly and obese patients. Doctors rarely make guarantees, but Dr. Heiden and Dr. Testa are willing to guarantee this: Everyone can get better. Including you.

Get Better

A Customized, Scientific Approach No Mat

A 90-Day Plan for Coaching New Teachers

Do More Faster

A Proven Map to Success

The Only Skill that Matters

Proven Guide to Help You Learn How to Read

Faster in Less Than 24 Hours

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Time Power

In seven life-changing chapters, packed with three powerful lessons each, you ll discover not only how to get better results, but also how to get them at a strategically accelerated rate."

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Are you forever stressed out and in need of relief? Do you want to know how to be more productive and enjoy your work? Do you want to learn new hacks for staying fresher for longer? If you have answered "Yes" to any of these questions, then this book is for you. We all want to be free of stress. But very few people actually know how to deal with stress effectively.

Instead, most people continue to push their body and mind beyond their natural limits on a daily basis. That is why the number of people suffering from anxiety and depression disorders increases every year. Stress does not only affect you and me alone-even kids can suffer from its presence, directly or indirectly. The good news is that it is easy to relieve stress if you have the right knowledge. This book is a guide for you to defeat anxiety, stress and depression.

Importantly, my promise is to help you stay productive and happy at the same time! For many people, stress represents the ultimate enemy in the way of their productivity but this is the wrong approach. Not all stress is bad. In fact, stress is a defense mechanism to temporarily

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allow us to expand our mental and physical abilities to cope with impending danger. That is why you can work extra hours to meet a deadline, endure grief and deal with finding a scorpion in your closet. That is why you can read for several hours in preparation for your examinations! But stress is not meant to be permanent or long-term part of our lives. When it becomes chronic, it destroys work-life balance and reduces your productivity significantly. You may lose interest in your hobbies and your relationships will take a definite hit. Physical signs like fatigue, headache, reduced awareness, insomnia and irritability also show up to make you feel even more disoriented. If you do not take action now, those symptoms may be the start of something more severe! THIS BOOK: - Demystifies stress, and differentiates between good and bad stress - Outlines 5 common stressors that may keep you from performing at your best - Details 4 major categories of signs that confirm that you are chronically stressed - Discusses 9 health conditions you didn't know were linked to stress - Shows how to use mindfulness to create a healthy mental balance, stay calm and sleep better - Explains how to use meditation as a stress management/self-care hack for beginners - Includes free nutrition tips that can reduce the impact of stress on you - Explains 10 essential techniques for relieving stress NOW If you are looking to escape from the

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clutches of chronic stress, this is the book for you. Written in simple language for beginners, consider it a workbook of practical tips and examples that will show you how to regain control over your productivity and moods. Do you want to have the power to manage stress better? Do you want relief from chronic fatigue? Do you want to know how to live a healthier, happier life? Are you willing to end your anxiety or depression episodes? "BUY NOW" to begin to unlock your potentials TODAY!

Bigger Faster Stronger (BFS) is the premier performance program for high school and college sports. BFS and the book Bigger Faster Stronger have led teams to more than 500 state championships, and that was just the warm up. Now in its third edition, Bigger Faster Stronger is ready for the next generation of athletes and the next level of performance. Inside, you'll find training guidelines for in-season and off-season weight training, as well as the latest strategies for breaking through plateaus, developing peak strength, and increasing power, flexibility, speed, and agility. You'll learn the proper exercise techniques for the big four lifts, as well as multiple variations and safety protocols. You'll also find recommendations for integrating new equipment, athlete monitoring systems, and other technology into your program to ensure maximum effectiveness and performance gains. Bigger Faster Stronger can accommodate any

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sport and every level of competition. Safe, effective, and relied on by thousands of athletes, coaches, and administrators, it is the proven performance program you can trust.

The Little Book of Talent

The Breakthrough System to Get More Results, Faster, in Every Area of Your Life

How to Read a Book a Day - Simple Tricks to Explode Your Reading Speed and Comprehension Smarter Faster Better

Faster, Better, Stronger

Atomic Habits

Cycles

7 Proven Principles to Personal & Professional Mastery

Speed Reading (FREE Bonus Included) Proven Guide To Help You Learn How To Read Faster in Less Than 24 Hours Do you think it is possible to increase the rate at which you read in less than a day? Let's face it, everyday there are piles of pages that need to be reviewed. Within them are maybe a handful of useful pieces of information. You might have to spend an hour or two combing through all the lines of copy to glean those few facts. Wouldn't it be better if you could do so quickly, efficiently and easily? Many thousands of people who hate being bogged down with excessive emails, reports, research and other necessary reading have chosen to learn a new skill. And they took to it and learned it in less than 24 hours. This bold claim is backed by a proven path to increased reading speeds, without sacrificing

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comprehension. Here is what you will learn after reading this book: Effectively review reading materials at twice or three times your current reading speed Master the control of your eyes to effectively guide them through the text Deploy your hands to further increase your reading rate Quiet your mind to allow faster comprehension and longer retention of what you read The skill of speed reading is one that will improve your work and your life. It's one you cannot do without.

The author of *The 2-Hour Job Search* shows you how to land your dream job, from writing the perfect resume and cover letter to nailing any interview and negotiating your offer Steve Dalton's *2-Hour Job Search* simplified the process of finding work by utilizing technology, and now *The Job Closer* helps you seal the deal by applying his time-saving techniques to the surrounding steps. As a career consultant, Dalton has found that job seekers routinely overinvest in trivial aspects of the employment hunt while underestimating the important ones. In this guide, you'll learn how to avoid wasted effort and excel in all areas by using tools such as:

- The FIT Model, which helps job seekers nail the answer to "Tell me about yourself" using principles from the world of screenwriting
- The RAC Model, perfect for writing efficient cover letters and answering "Why this company or job?" in an interview
- The CAR Matrix, designed to help you craft compelling interview stories and deploy them in the most powerful way
- The Prenegotiation

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Call, which takes the awkwardness out of asking for more and turns your negotiator from an adversary into a partner • And many more . . . The Job Closer will leave you with more time for networking, making meaningful connections, and showcasing your unique talents, so your odds of success in landing the perfect job improve exponentially

Jump-Start Your Reading Skills! Speed reading used to require months of training. Now you can rev up your reading in just a few minutes a day. With quizzes to determine your present reading level and exercises to introduce new skills quickly, 10 Days to Faster Reading will improve your reading comprehension and speed as it shows you how to: * Break the Bad Habits That Slow You Down * Develop Your Powers of Concentration * Cut Your Reading Time in Half * Use Proven, Specially Designed Reading Techniques * Boost the Power of Your Peripheral Vision * Learn How to Scan and Skim a Written Report ...And All in 10 Days!

Discover 10 Essential Ways to Make the Most of Your Time "Time is money," as the saying goes, but most of us never feel we have enough of either. In Master Your Time, Master Your Life, internationally acclaimed productivity expert and bestselling author Brian Tracy presents a brilliant new approach to time management that will help you gain control of your time and accomplish far more, faster and more easily than you ever thought possible. Drawing on the latest research in productivity science and Tracy's decades of expertise, this breakthrough program

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allocates time into ten categories of priority--including strategic planning/goal setting, people and family, income improvement, rest/relaxation, and even creative time--and reveals the best techniques for focusing on each effectively. By thoughtfully applying the principles in Master Your Time, Master Your Life, you'll not only achieve greater results and reach your goals more quickly and successfully, you'll also have more time to devote to what you truly love.

A Proven Method to Organize Your Digital Life and Unlock Your Creative Potential

Exponential Organizations

Essential Speed Reading Techniques

Get Better Faster

Read More Than 300 Pages in 1 Hour. a Guide for Beginners on How to Read Faster with Comprehension (Includes Advanced Learning Exercises)

Simple, Proven Methods to Remembering Anything Faster, Longer, Better

The Secrets of Being Productive in Life and Business

10 Proven Ways To Relieve Stress Now

The #1 New York Times bestseller. Over 4 million copies sold! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation,

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reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your

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environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

A manual for building a faster brain and a better you! The Little Book of Talent is an easy-to-use handbook of scientifically proven, field-tested methods to improve skills—your skills, your kids’ skills, your organization’s skills—in sports, music, art, math, and business. The product of five years of reporting from the world’s greatest talent hotbeds and interviews with successful master coaches, it distills the daunting complexity of skill development into 52 clear, concise directives. Whether you’re age 10 or 100, whether you’re on the sports field or the stage, in the classroom or the corner office, this is an essential guide for anyone who ever asked, “How do I get better?” Praise for The Little Book of Talent “The Little Book of Talent should be given to every graduate at

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commencement, every new parent in a delivery room, every executive on the first day of work. It is a guidebook—beautiful in its simplicity and backed by hard science—for nurturing excellence.”—Charles Duhigg, bestselling author of *The Power of Habit* “It’s so juvenile to throw around hyperbolic terms such as ‘life-changing,’ but there’s no other way to describe *The Little Book of Talent*. I was avidly trying new things within the first half hour of reading it and haven’t stopped since. Brilliant. And yes: life-changing.”—Tom Peters, co-author of *In Search of Excellence* Frost & Sullivan's 2014 Growth, Innovation, and Leadership Book of the Year

"EXPONENTIAL ORGANIZATIONS should be required reading for anyone interested in the ways exponential technologies are reinventing best practices in business." —Ray Kurzweil, Director of Engineering at Google

In business, performance is key. In performance, how you organize can be the key to growth. In the past five years, the business world has seen the birth of a new breed of company—the Exponential Organization—that has revolutionized how a company can accelerate its growth by using technology. An ExO can eliminate the incremental, linear way traditional companies get bigger, leveraging

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assets like community, big data, algorithms, and new technology into achieving performance benchmarks ten times better than its peers. Three luminaries of the business world—Salim Ismail, Yuri van Geest, and Mike Malone—have researched this phenomenon and documented ten characteristics of Exponential Organizations. Here, in *EXPONENTIAL ORGANIZATIONS*, they walk the reader through how any company, from a startup to a multi-national, can become an ExO, streamline its performance, and grow to the next level. "*EXPONENTIAL ORGANIZATIONS* is the most pivotal book in its class. Salim examines the future of organizations and offers readers his insights on the concept of Exponential Organizations, because he himself embodies the strategy, structure, culture, processes, and systems of this new breed of company." —John Hagel, *The Center for the Edge* Chosen by Benjamin Netanyahu, Prime Minister of Israel, to be one of Bloomberg's Best Books of 2015

Are you one of the millions of people out there who feel like they've read everything there is to read on fitness and have spent an enormous amount of time and money trying to get fit—and still failed? Until you know how your body really works and reacts to physical

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activity, you may never succeed. Eric Heiden, M.D., and Massimo Testa, M.D., two preeminent sports physicians who know the training needs of beginners as intimately as those of elite athletes, want to fix this problem. They know there has been an entire field of training science and medicine that has never been translated for the general public—until now. In a program that is designed for everyday people, Heiden and Testa bring us *Faster, Better, Stronger*, a customized, science-based program designed to guide you into a lifelong fitness habit, giving you step-by-step instructions on how to make the most of your body through exercise—physically, mentally, biomechanically, and nutritionally. In Part I, the doctors detail the solid science behind your body's responses to exercise. They share the same philosophy and medical expertise they have shared with world-class athletes and give scientific "secrets" in several areas of fitness: the prescriptive aspects of exercise; the biology of movement; the importance of fueling your body with the right food and water; what rest really accomplishes; and motivation. They also debug and clarify some all-too-often misunderstood medical and biological truths about training, and offer you

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ways to find your hidden talents and strengths. These doctors know that the luxuries of time and access are significant factors in getting fit, and thus Part II helps you design your own unique, individualized exercise program no matter your age, ability, experience, or schedule. Once you have assessed your current fitness level, the doctors guide you through assembling blocks of activities into a twelve-week program that will get you started on the road to lifelong health.

A Proven System to Simplify Your Life, Double Your Productivity, and Achieve All Your Goals
Tactics for Disruptive Thinking

A Proven System for Getting More Done in Less Time Than You Ever Thought Possible
Speed Reading

Writing Your Doctoral Dissertation or Thesis Faster

Become a SuperLearner

The simplest, proven method to innovate faster while reducing risks

Proven Speed Reading Techniques

In today's information-laden world, time is valuable. Reports, reference books, contracts & correspondence are just some of the things you might need to read & digest on a daily basis. Now, with the aid

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of this invaluable book, you can save time & achieve more. Start today. Using proven techniques you will not only be able to read faster, you'll be able to recall far more. And in a competitive world this gives you a tremendous advantage.

The true secret of high achievers is that they know how to find their "focal point" - the one thing they should do, at any given moment, to get the best possible results in each area of their lives.

Bestselling author and motivational speaker Brian Tracy brings together the very best ideas on personal management into a simple, easy-to-use plan. Focal Point helps readers analyze their lives in seven key areas and shows them how to develop focused goals and plans in each.

This best-selling guide provides timeless truths that have been discovered by the most effective people throughout the ages, answering questions like: In Focal Point, Tracy provides timeless truths that answers questions such as: How can I get control of my time and my life? How can I achieve maximum career success and still balance my personal life? How can I accelerate the achievement of all my goals? Focal Point shows you how to develop absolute clarity about what they want, and how they can achieve supreme

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satisfaction, both personally and professionally.

Do you want to: Study better? Be able to read faster and retain more information? Make more efficient notes? Pass tests more successfully? Be more creative? Engage in business armed with great focus and full comprehension? Be able to read one book a day? Then speed reading is the answer! It improves your reading speed, focus, and comprehension! It gives you the power to develop better time management, enhances your concentration and logical thinking, and also improves your overall self-confidence. This easy-to-understand book provides guides that will help you understand: Speed Reading Techniques Reading vs Speed Reading How to Break Poor Reading Habits How to Start Speed Reading Importance of Daily Eye Exercises and more Find out what your current reading level is and learn how to incorporate the exercises and techniques found in this book into your daily routine so that speed reading becomes a habit. Soon you will find that you can read an entire book each day! The more you read, the more knowledge you will gain that you can use to achieve your goals in life. Grab this book and become a speed reader today!

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A revolutionary approach to enhancing productivity, creating flow, and vastly increasing your ability to capture, remember, and benefit from the unprecedented amount of information all around us. For the first time in history, we have instantaneous access to the world's knowledge. There has never been a better time to learn, to contribute, and to improve ourselves. Yet, rather than feeling empowered, we are often left feeling overwhelmed by this constant influx of information. The very knowledge that was supposed to set us free has instead led to the paralyzing stress of believing we'll never know or remember enough. Now, this eye-opening and accessible guide shows how you can easily create your own personal system for knowledge management, otherwise known as a Second Brain. As a trusted and organized digital repository of your most valued ideas, notes, and creative work synced across all your devices and platforms, a Second Brain gives you the confidence to tackle your most important projects and ambitious goals. Discover the full potential of your ideas and translate what you know into more powerful, more meaningful improvements in your work and life by Building a Second Brain.

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Unlimited Memory

Focal Point

How to Sell More, Easier, and Faster Than You Ever Thought Possible

Master Your Time, Master Your Life

How to Write Better and Faster

The Proven Methodology to Read Faster, Remember More, and Become a Superearner

How to Study Better and Faster

"In the next ten years, every knowledge worker on earth will become one of two things: invaluable or obsolete. No matter the industry, the pace of progress and new information is faster today than ever before in human history--and it's accelerating exponentially. In this new reality, how can we possibly hope to keep up?? How can we learn, unlearn, and relearn fast enough to stay relevant in the world to come? In *The Only Skill That Matters*, Jonathan Levi unveils a powerful, neuroscience-based approach to reading faster, remembering more, and learning more effectively. You'll master the ancient techniques being used by world record holders and competitive memory athletes to unlock the incredible capacity of the human brain. You'll learn to double or triple your reading speed, enhance your focus, and optimize your cognitive performance. Most importantly, you'll be empowered to confidently approach any subject--from technical skills, to names and

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faces, to foreign languages, and even speeches--and learn it with ease."--Publisher's description.

Change the way you think about innovation and give yourself every chance of success! There are lots of books, courses, and videos on innovation. They are fun and usually motivating, but seldom deliver long-term results. Cycles is a fun book, but more importantly, it explains how to innovate at every stage. Consistent winners are idea builders that make good or even mediocre ideas great over time. With Cycles you'll learn by doing how to grow ideas up to 6x faster while cutting risks by over 50%. This book brings together 4 years of research and the work of 22 innovation experts into a simple system with easy-to-use canvases and tools. The foundation of this system is thinking of idea building as an ongoing process of cycles. Some cycles are short, and some are long. The best cycles include the ABCs of innovation. A = Align B = Build Ideas C = Communicate and Check S = Systematically Improve This system ties the theories and research from hundreds of books into something easy to understand and something you can do right now. If you want to be a better innovator, Cycles will change the way you think about innovation. More importantly, with easy hands-on tools, Cycles will make it easier to innovate faster while reducing risks. A straightforward and effective method that you can start applying

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right away! ABOUT THE AUTHOR Bryan Cassady is a long-time entrepreneur and has built successful businesses in six countries. His success rate is eight successful businesses from eleven tries. For more than ten years, he has been teaching Innovation and Entrepreneurship at leading business schools around the world (KU Leuven, Solvay, EDHEC), led some of the world's largest and most successful accelerator programs (The Founder Institute and the European Innovation Academy), and coached over 400 companies. He is currently working on the Global Entrepreneurship Alliance- a foundation being set up to train 1 million entrepreneurs by 2027.

Effective and practical coaching strategies for new educators Many teachers are only observed one or two times per year on average—and, even among those who are observed, scarcely any are given feedback as to how they could improve. The bottom line is clear: teachers do not need to be evaluated so much as they need to be developed and coached. In *Get Better Faster: A 90-Day Plan for Coaching New Teachers*, Paul Bambrick-Santoyo shares instructive tools of how school leaders can effectively guide new teachers to success. Over the course of the book, we break down the most critical actions leaders and teachers must take to achieve exemplary results. Designed for coaches as well as beginning teachers, *Get Better Faster* is an

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integral coaching tool for any school leader eager to help their teachers succeed. It's the book's focus on what's practical and actionable that drives its effective approach to coaching. By practicing the concrete actions and micro-skills listed here, teachers will markedly improve their ability to lead a class, producing a steady chain reaction of future teaching success. Though focused heavily on the first 90 days of teacher development, it's possible to implement this work at any time. Junior and experienced teachers alike can benefit from the guidance of Get Better Faster and close existing instructional gaps. Packed with practical training tools, including agendas, presentation slides, a coach's guide, handouts, planning templates, and 35 video clips of real teachers at work, Get Better Faster will teach you: The core principles of coaching: Go Granular; Plan, Practice, Follow Up, Repeat; Make Feedback More Frequent Top action steps to launch a teacher's development in an easy-to-read scope and sequence guide It also walks you through the four phases of skill building: Phase 1 (Pre-Teaching): Dress Rehearsal Phase 2: Instant Immersion Phase 3: Getting into Gear Phase 4: The Power of Discourse Perfect for new educators and those who supervise them, Get Better Faster will also earn a place in the libraries of veteran teachers and school administrators seeking a one-stop coaching resource.

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A doctoral dissertation is arguably the most important journey that students will embark upon in their professional careers, so smart travelers will want E. Alana James and Tracesea H. Slater's Writing Your Doctoral Dissertation or Thesis Faster: A Proven Map to Success at their fingertips. James and Slater identify the key places and challenges that create extra stress during the dissertation process, and offer effective strategies and tools to address those challenges and ensure academic success. Their map walks readers through each step of the process, including:

- determining the research topic,**
- choosing appropriate methods,**
- turning a hypothesis into a study,**
- completing a literature review,**
- writing and defending a proposal,**
- collecting and analyzing data,**
- writing up the study, and**
- ultimately defending the dissertation.**

Building on years of experience with doctoral students, the authors provide a comprehensive, yet easy-to-use tool that encourages student reflection; includes student stories, hints, and writing tips; and provides end-of-chapter checklists and ideas for incorporating social media. With the proven techniques and guidance of this indispensable and applied book, doctoral students will finish their thesis or dissertation—faster!

**Techstars Lessons to Accelerate Your Startup
An Essential Hack for a Better Life
Accelerated Learning**

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Learn Speed Reading & Advanced Memorization Building a Second Brain

3 Books in 1 - Photographic Memory: Simple, Proven Methods to Remembering Anything, Speed Reading: How to Read a Book a Day, Mindfulness: 7 Secrets to Stop Worrying An Easy & Proven Way to Build Good Habits & Break Bad Ones

Create the Future + The Innovation Handbook

Out-innovate, outsmart and outmaneuver your competitors with tactics from the CEO of TrendHunter.com, Jeremy Gutsche. In our world of chaos and change, what are you overlooking? If you knew the answer, you 'd be a better innovator, better manager, and better investor. This book will make you better by teaching you how to overcome neurological traps that block successful people, like you, from realizing your full potential. Then, it will make you faster by teaching you 6 patterns of opportunity: Convergence, Divergence, Cyclicity, Redirection, Reduction and Acceleration. Each pattern you 'll learn is a repeatable shortcut that has created fortunes for ex-criminals, reclusive billionaires, disruptive CEOs and ordinary people who unexpectedly made it big. In an unparalleled study of 250,000 ideas, Jeremy and his TrendHunter.com team have leveraged their 100,000,000 person audience to study what actually causes opportunity: data-driven research that was never before possible. The result is a series of frameworks battle-tested with several hundred brands, and top executives at some of the most successful companies in the world who rely on Jeremy to accelerate their hunt for ideas. Better and Faster will help you learn to see patterns and clues wherever you look that will put you on the smarter, easier path to finding those breakthrough ideas, faster. Uses Howard Gardner's theory of multiple intelligences to accommodate and develop a wide range of learning styles 11 units designed for verbal, logical, visual, kinesthetic, musical,

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interpersonal, intrapersonal, and naturalist learners Easy-to-use lessons that will enhance students' study skills and habits in any subject area Material that emphasizes self-understanding and growth, across the range of learning styles Additional activities that include role-playing, memorizing, letter writing, team games, and more Materials that is designed to help any student make the most productive use of both classroom and home-study time

Develop the Skills to Learn Anything Faster, Easier, and More Effectively Written by the creators of the #1 bestselling course of the same name, this book will teach you how to "hack" your learning, reading, and memory skills, empowering you to learn everything faster and more effectively. What Would You Do If You Could Learn Anything 3 Times Faster? In our rapidly changing and information-driven society, the ability to learn quickly is the single most important skill. Whether you're a student, a professional, or simply embarking on a new hobby, you are forced to grapple with an every-increasing amount of information and knowledge. We've all experienced the frustration of an ever-growing reading list, struggling to learn a new language, or forgetting things you learned in even your favorite subjects. This Book Will Teach You 3 Major Skills: Speed reading with high (80%+) comprehension and understanding Memory techniques for storing and recalling vast amounts of information quickly and accurately Developing the cognitive infrastructure to support this flood of new information long-term However, the SuperLearning skills you'll learn in this course are applicable to many aspects of your every day life, from remembering phone numbers to acquiring new skills or even speaking new languages. Anyone Can Develop Super-Learning Skills This course is about improving your ability to learn new skills or information quickly and effectively. We go far beyond the kinds of "speed reading" (or glorified skimming) you may have been exposed to, diving into the actual cognitive and neurological factors that make learning easier and more successful. We also give you advanced memory techniques to grapple with the huge loads of

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information you'll soon be able to process. "This book should be the go-to reference for anyone looking to upgrade their mind's firmware!" -Benny Lewis, Language Learning Expert Learn How to Absorb and Retain Information in a Whole New Way - A Faster, Better Way The Authors' Proprietary Method for Teaching Speed Reading & Memory Improvement

^ You may have even taken a normal speed reading course in the past, only to realize that you didn't retain anything you read. The sad irony is that in order to properly learn things like speed reading skills and memory techniques in the past, you had to read dozens of books and psychological journals to decode the science behind it. Or, you had to hire an expensive private tutor who specializes in SuperLearning. That's what I did. And it changed my life. Fortunately, my co-authors (experts and innovators in the fields of superlearning, memory improvement, and speed reading) agreed to help me transform their materials into the first ever digital course. Over 25,000 satisfied students later, we have transformed our course into a book you can enjoy anywhere. Our teaching methodology relies heavily on at-home exercises. The chapters themselves are only part of what you're buying. You will be practicing various exercises and assignments on a regular basis over the course a 7 week schedule. In addition to the lectures, there are hours of supplemental video and articles which are considered part of the curriculum. "This vital book contains all the tools needed to learn, memorize, and reproduce anything you want with the joy that ease brings. Don't take another class until you've read it!" -Dr. Anthony Metivier, Author & Memory Expert If you wish to improve memory and concentration, learn more effectively, read faster, and learn the techniques of memory champions - look no further! An awesome read that will push the limits of your brain. Levi does an incredible job of guiding you through, to bring your brain from average to UNSTOPPABLE!" -Nelson Dellis, 4-Time USA Memory Champion

Double and triple your sales--in any market. The purpose of this

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book is to give you a series of ideas, methods, strategies, and techniques that you can use immediately to make more sales, faster and easier than ever before. It's a promise of prosperity that sales guru Brian Tracy has seen fulfilled again and again. More sales people have become millionaires as a result of listening to and applying his ideas than from any other sales training process ever developed.

Improve Your Memory - Learn Faster, Retain More, and Unlock Your Brain's Potential - 17 Scientifically Proven Memory Techniques for Better Daily Living

Proven Strategies for Getting Up to Speed Faster and Smarter
How to Become a Better, Faster Reader

Use Proven Techniques for Speed Reading and Maximum Recall
Simple, Proven Methods to Remembering Anything Faster, Longer, Better (Accelerated Learning Series) (Volume 1)

Better and Faster

52 Tips for Improving Your Skills

10 Days to Faster Reading

Still wondering how some people can remember information in great detail? In Photographic Memory, you won't just learn about the concept of photographic memory but you'll also discover the secret to expanding your retention capacity. Learn more about how your memory works and what makes a person remember things clearly. If you are one of those people who still memorize things through repeating them over and over until retained, then it's time to get rid of that old habit and discover a range of various memory tricks and techniques in this book. You'll be able to practice every technique through the exercises included in each method. To have a glimpse of the

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important knowledge you'll potentially learn once you read this book, here's an overview: Simplified discussion on how the mind makes, stores and remembers a memory The photographic memory and how it is different from eidetic memory Significance of creative thinking and visualization as a platform to achieve extraordinary memory How peg systems work including the special systems that are specifically developed to memorize numbers Tips and tricks to remember names better How emotions can be used to easily remember information How to organize and visualize information through mind mapping The concept of the palace method and how to construct your own memory palace to be able to store and retrieve information in an instant It's time to step up your memorization skill and discover the things you need to maximize and expand your retention capacity. Practical advice from some of today's top early stage investors and entrepreneurs TechStars is a mentorship-driven startup accelerator with operations in three U.S. cities. Once a year in each city, it funds about ten Internet startups with a small amount of capital and surrounds them with around fifty top Internet entrepreneurs and investors. Historically, about seventy-five percent of the companies that go through TechStars raise a meaningful amount of angel or venture capital. Do More Faster: TechStars Lessons to Accelerate Your Startup is a collection of advice that comes from individuals who have passed

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through, or are part of, this proven program. Each vignette is an exploration of information often heard during the TechStars program and provides practical insights into early stage entrepreneurship. Contains seven sections, each focusing on a major theme within the TechStars program, including idea and vision, fundraising, legal and structure, and work/life balance Created by two highly regarded experts in the world of early stage investing Essays in each section come from the experienced author team as well as TechStar mentors, entrepreneurs, and founders of companies While you'll ultimately have to make your own decisions about what's right for your business, *Do More Faster: TechStars Lessons to Accelerate Your Startup* can get your entrepreneurial endeavor headed in the right direction.

Learn to Innovate and Make Real Change In our era of disruption and possibility, there are so many great opportunities within your grasp; however, most smart and successful people miss out. Unfortunately, your capabilities are limited by the seven traps of path dependency, which cause you to repeat past decisions. These traps can limit you from seeing the potential of what could be. If you could overcome these traps, what could you accomplish? How much more successful could you be? *Create the Future* teaches you how to think disruptively, providing specific steps to create real innovation and change. This book combines Jeremy's high energy,

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provocative thinking with tactics that have been battle-tested through thousands of his team's projects advising leading innovators like Disney, Starbucks, Amex, IBM, Adidas, Google, and NASA. On top of all that, this is a double-sided book, paired with *The Innovation Handbook*, a revised edition of Jeremy's award-winning book, *Exploiting Chaos*.

From the bestselling author of *The Power of Habit* comes a fascinating new book exploring the science of productivity, and why, in today's world, managing how you think--rather than what you think about--can transform your life. Productivity, recent studies suggest, isn't always about driving ourselves harder, working faster and pushing ourselves toward greater "efficiency." Rather, real productivity relies on managing how we think, identify goals, construct teams and make decisions. The most productive people, companies and organizations don't merely act differently--they envision the world and their choices in profoundly different ways. This book explores eight concepts that are critical to increasing productivity. It takes you into the cockpit of two passenger jets (one crashes) to understand the importance of constructing mental models--telling yourself stories about yourself in order to subconsciously focus on what really matters. It introduces us to basic training in the U.S. Marine Corps, where the internal locus of control is exploited to increase self-motivation. It chronicles the outbreak of Israel's Yom Kippur War to examine

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cognitive closure--a dangerous trap that stems from our natural desire to feel productive and check every last thing off our to-do lists, causing us to miss obvious risks and bigger opportunities. It uses a high-achieving public school in Cincinnati to illuminate the concept of disfluency, which holds that we learn faster and more deeply when we make the data harder to absorb. It shows how the principles of lean manufacturing--in which decision-making power is pushed to the lowest levels of the hierarchy--allowed the FBI to produce a software system that had eluded them for years. It explores how Disney made Frozen into a record success by encouraging tension among animation teams--a version of what biologists refer to as the Intermediate Disturbance Hypothesis, which posits that nature is most creative when crises occur. With the combination of relentless curiosity, deep reporting and rich storytelling that defined *The Power of Habit*, Charles Duhigg takes readers from neurology laboratories to Google's brainstorming sessions and illustrates how we can all increase productivity in our lives.

The Proven Path to Unstoppable Ideas

Read Faster, Recall More

10 Proven Secrets to a Healthier Body in 12 Weeks

How to Use Advanced Learning Strategies to Learn Faster, Remember More and be More

The First 90 Days, Updated and Expanded

The Job Closer

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Why new organizations are ten times better, faster, and cheaper than yours (and what to do about it)

Accelerated Learning 3 Book Compilation This Compilation Book includes: 1. Speed Reading: How to Read a Book a Day - Simple Tricks to Explode Your Reading Speed and

Comprehension 2. Photographic Memory: Simple, Proven Methods to Remembering Anything Faster, Longer, Better 3.

Mindfulness:7 Secrets to Stop Worrying, Eliminate Stress and Finding Peace with Mindfulness and Meditation Do you want to:

· Study better? · Be able to read faster and retain more information? · Make more efficient notes?

· Pass tests more successfully? · Be more creative? · Learn things faster? · Engage in business armed with great focus and full comprehension? · Be able to read one book a day? · Remember anything effectively and efficiently? Then this book is the answer! It improves your reading speed, focus,

comprehension and retention! It gives you the power to develop better time management, enhances your concentration and logical thinking, and also improves your overall self-confidence. This easy-to-understand book provides guides that will help you understand: ·

Speed Reading Techniques · Reading vs Speed Reading · How to Break Poor Reading Habits · How to Start Speed Reading · Importance of Daily Eye Exercises · and more · And in the Photographic Memory Section, you will learn: ·

Simplified discussion on how the mind makes,

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stores and remembers a memory · The photographic memory and how it is different from eidetic memory · Significance of creative thinking and visualization as a platform to achieve extraordinary memory · How peg systems work including the special systems that are specifically developed to memorize numbers · Tips and tricks to remember names · How emotions can be used to easily remember information · How to organize and visualize information through mind mapping · The concept of the palace method and how to construct your own memory palace to be able to store and retrieve information in an instant

Mindfulness:7 Secrets to Stop Worrying, Eliminate Stress and Finding Peace with Mindfulness and Meditation Are you feeling overwhelmed by stress, worrying, and anxiety in your everyday life? If you are, you are not alone. Almost everyone in this world are, or used to, experience the overwhelming negative emotions and mind clutters your thoughts can bring upon you. It is stressful...your mind is everywhere, not being able to focus on one thing. Nothing gets done. The constant negative thoughts bring you down even more and you go into an infinite downward spiral. You can fix this...and this book is going to teach you how. This book introduces you to mindfulness, what it is, and how it works. It will give you simple yet effective, easy-to-perform exercises to begin your mindfulness journey...doing so will help you: In this book, you will learn: · What is Mindfulness · The

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benefit of Mindfulness on your body, mind and brain · Simple but effective exercises to be more mindful · How to experience the full benefit of mindfulness through mindfulness meditation and breathing techniques · How to live life in the moment · How to live life in peace · And much more. [Grab this book and become an Accelerated Learner today!](#)