



Power Up Your Mind: Learn Faster, Work Smarter

By Bill Lucas

Bolinda Audio, United States, 2015. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. Bill Lucas, a leading international expert on life-long learning, shows that while we have learned more about how the brain works in the last decade than we have ever known, only a fraction of this is grasped and applied by most people. PowerUp Your Mind applies this practical knowledge for the first time and shows you how to learn. Drawing on research from a wide variety of subject areas, from neuroscience to psychology, from motivation theory to accelerated learning, from memory to diet, this book shows how everyone has the capacity to succeed and how most people use only a very small portion of their talents. At last a powerful and practical new book for learners who want to become leaders Mike Liebling, Director of Trainset and formerly of Saatchi Saatchi An excellent book about learning. It puts the ultimate learning resource the brain centre stage and helps us to understand how to get the best use out of it. Actioning even a fraction of Bill Lucas s suggestions will transform your life . Dr Peter Honey, author and expert on learning...



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Reviews

Definitely one of the best book We have at any time go through. It is actually filled with wisdom and knowledge I am quickly could get a delight of studying a published book.

-- **Dr. Kim Bergnaum**

This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Aliya Franecki**

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