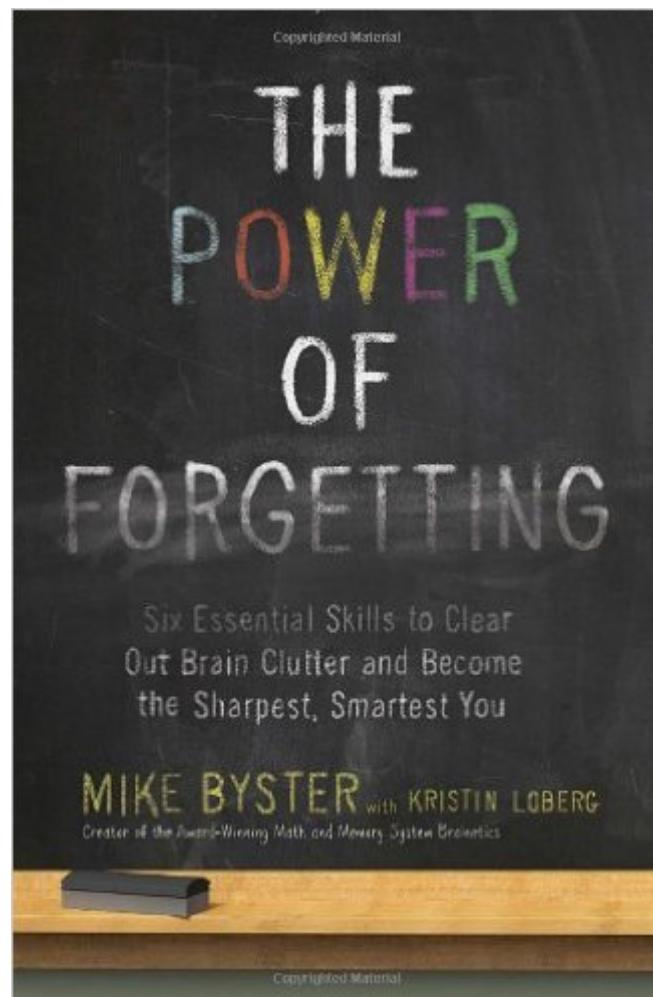


The book was found

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

Book Information

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Customer Reviews

I get it. I think. *THE POWER OF FORGETTING* took me a while to work through. By Mike Byster’s design, it’ll 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 a 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 well he's drawing from.

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