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motivation theory to
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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.

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this book shows how everyone has the capacity to succeed and how most people use only a very small portion of their talents.

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In Power Up Your Mind, Bill Lucas attempts to teach readers how to

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learn. To accomplish this goal, he sets out to provide a blueprint to the workings of the human brain through easy-to-grasp descriptions and illustrations designed to explain how the brain ingests and processes information.

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ON THE Belief THAT WE
ALL HAVE Link
CAPACITY TO succeed,
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use an extremely small portion of our minds, and therefore of our capacity. In an age when creativity and period are the key commodities, understanding how to learn is usually the essential skill and the brain is usually the key organ.

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from a wide variety of
sources from
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13. 4 Power Up Your
Mind Learning is
learnable. Learning to
learn is a kind of
“learnacy” that we all
need to acquire. There
are three important
stages to learning to
learn, each one of
which is explored in a
separate part of the
book: Ready Before
you can start learning
you need to be in the
right emotional state.

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From one of the leading international experts on life-long learning, POWER UP YOUR MIND will revolutionize our understanding of how our brains are pre-wired to learn and the practical steps we can take to prepare ourselves (emotionally and physically) to

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participate fully in the
process.

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teach readers how to
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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 ...

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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.

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