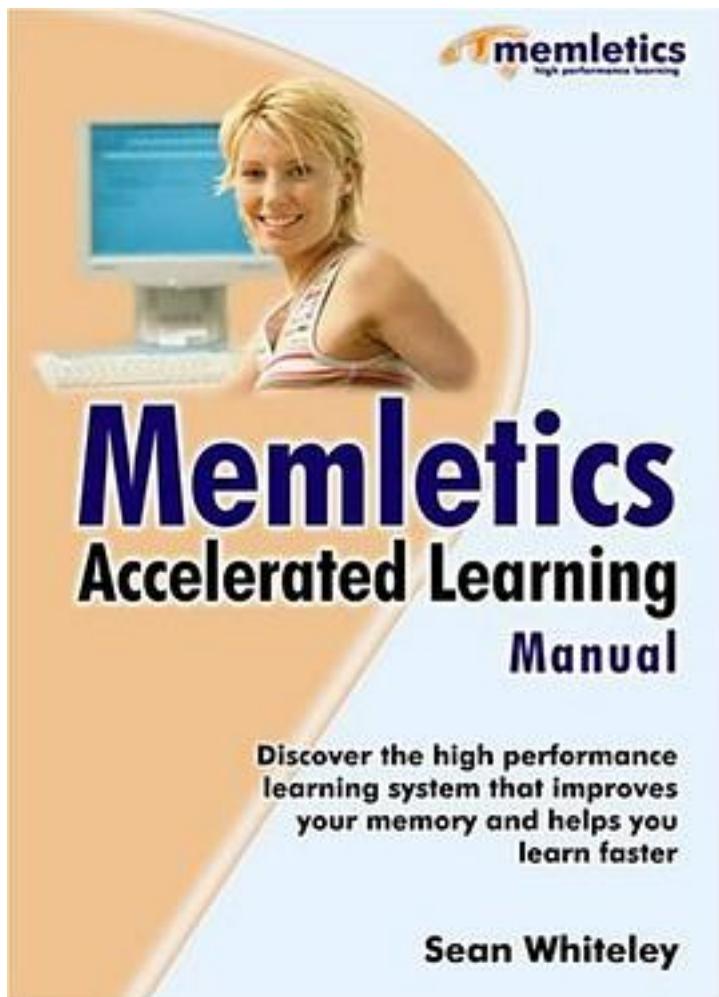


Memletics Accelerated Learning Manual



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Based on the educational, human performance and medical research, Memletics combines much of what we know about accelerated learning into an

easy-to-understand system.

This manual is the primary reference for Memletics. It's a practical guide to help you learn faster and increase your memory performance. Rich in examples (the word "example" appears over 300 times), you'll find many ways to improve your learning and memory in school, work, recreation or sports.

Some specific examples of what you will find in this book:

Over 80 techniques to use. Choose from over forty specific exploration techniques, over thirty reinforcing techniques, and several others.

Be in the best state for learning. Read about some of the latest research on dietary supplements that can help improve memory, plus much more on learning state.

Concentrate better than ever. Learn the secrets behind expensive concentration and memory programs, and how you can get similar benefits at a fraction of the cost.

Use new technologies. Learn about software technologies such as SuperMemo and Mind Manager, and how you can use these for maximum effect in your learning.

Learn effective repetition. Forget rote learning. Discover how to use spaced repetition, programmed repetition and refresh reviews to dramatically increase retention in the short and long term.

Discover your personal learning styles. Use the graphical learning styles survey to find your stronger and secondary learning styles. Use that information to adapt your learning activities to suit your styles.

First published on the Internet, over 10,000 people in more than 100 countries are users of products and services based on Memletics. Now it's your opportunity to discover what a difference having the right information makes. Whether you are studying, working, playing or retired, you can use Memletics to help you reach your learning goals sooner.

作者介绍:

目录:

[Memletics Accelerated Learning Manual_下载链接1](#)

标签

学习技巧、记忆

评论

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书评

最近读了三本有关学习方面的书，就这本收获最少，感觉作者是想定出一个完整的关于高校学习的框架，包括了学习的身体精神状态、学习的正确过程、学习中应当使用的技巧、如何形成自己的学习风格、如何时间、如何面对学习中的挑战。书中提到了很多问题，但不知道是不是...

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