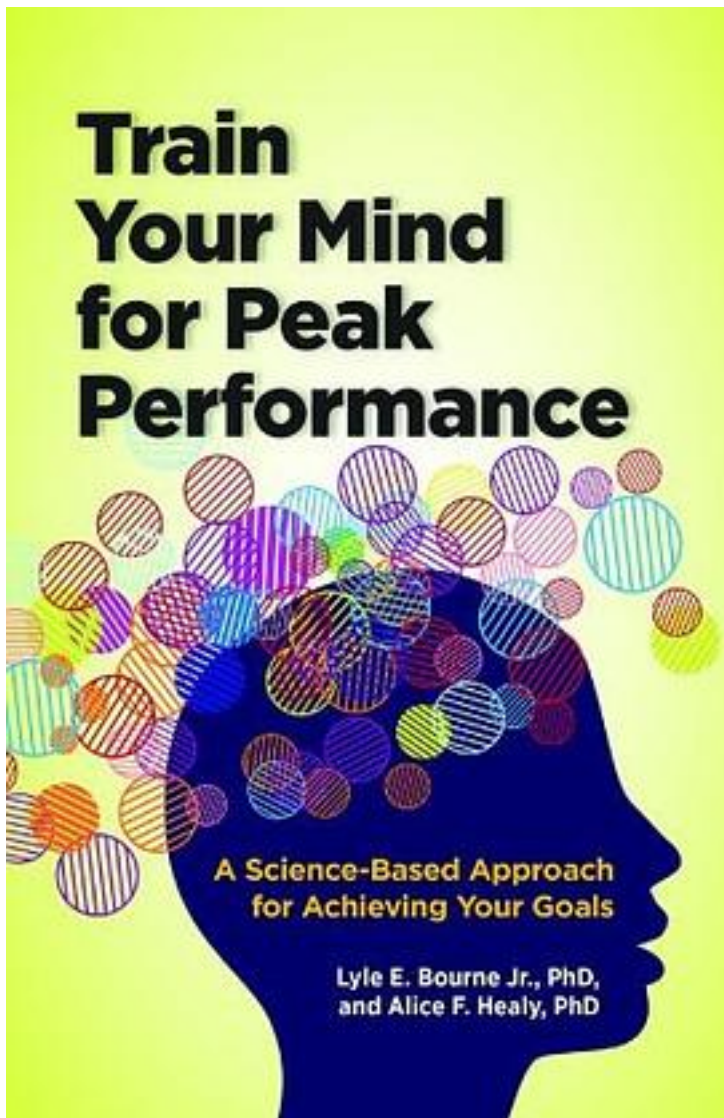


# Train Your Mind for Peak Performance



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Whether you're training to play the piano, speak a foreign language, shoot a target with a bow and arrow, or master the techniques of fine carpentry, the conditions of your training will affect how successfully you learn and perform. How can you process needed new information in order to remember it better and use it in the future? How long should you work, study, or practice before taking a break? How can you counteract fatigue and boredom to improve performance if the task is tedious? This book shares practical tips to help you learn quickly, remember what you learn, and apply it to real-world performance.

## 作者介绍:

Lyle E. Bourne, Jr., PhD, is Professor Emeritus and former chairman of the Department of Psychology and former director of the Institute of Cognitive Science at the University of Colorado. He has served as president of the Rocky Mountain Psychological Association; president of the Federation of Cognitive, Psychological, and Behavioral Sciences; and president of both the Division of Experimental Psychology (Division 3) and the Society of General Psychology (Division 1) of the American Psychological Association.

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