

Peak Learning



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The success you achieve in life depends on the knowledge you possess. But today, with vast amounts of information pouring in every minute from hundreds of sources, acquiring the knowledge you need has become a major challenge. Peak Learning presents a clear, practical, thorough program to help you learn anything better, easier, faster--and to help you master the skills of absorbing, retaining and using knowledge more effectively.

- Discover your own personal learning style--how and when you learn best.

- Master eight techniques to break through learning blocks.

- Learn how to enter the state of FLOW LEARNING, where your mind and body work together to enhance your learning skills.

- Tap into the vast resources of THE INVISIBLE UNIVERSITY--the global network of learning opportunities that surrounds you.

- Learn new brain-friendly memory and note-taking skills.

Peak Learning includes an interactive 32-page guidebook packed with specific exercises designed to help you make the most of this unique program.

--This text refers to an out of print or unavailable edition of this title.

作者介绍:

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