



Learning: 7 Ways to Increase Your Learning Potential in 7 Days

Ruth Logan

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Can't seem to remember what happened the previous day? Maybe your memory is splitting away or you are in the middle of studying. Do you have a crucial exam coming up and need to increase your learning potential? Or you could generally want to increase your learning potential to live a more stress free life. This self-help book is here for you as a tool to increase your learning potential in one week. Within each chapter there is a technique that I recommend doing each day. Over time I have woven these techniques into my weekly schedule, I encourage you to keep up with these techniques to maximize your greatest asset, the mind. When we increase our learning potential it cascades into an array of areas and will aid the brain to function more optimally, such as: verbal communication, reading, problem solving, language skills, and long term memory. Overtime as we keep learning new information or activities our brain grows larger. Yes, the brain can actually grow bigger. There are new pathways that will make this particular task become automatic. This happens as we repeat the same task multiple times over a long period of time or we perform these exercises that are recommended in this book. **With repetition and consistency our brain will learn and be able to produce information voluntarily** Our brain is habitual and runs more efficiently when we repeat tasks many times. This book will help to increase your learning potential in one week, but ultimately it takes work to keep and sustain your learning potential. Every day we are given more opportunities to increase our learning but it is these very exercises that you can do daily to maximize the benefits. As you move through this guide it is beneficial to read each chapter thoroughly to fully understand the exercise at the end, and how it builds off one another. You can take each exercise and apply it multiple times during the day. Again, I recommend that you build off each chapter and practice all exercises one after each other as the days pass. Allow yourself some time, and reflect on the journey.

Here's a preview of what we cover in the 7 day process

- Day 1 - Memory
- Day 2 - Speed Reading: Consume More Information In Less Time
- Day 3 - Productivity: How To Streamline The Learning Process
- Day 4 - Skill Acquisition: Learning Types
- Day 5 - Balancing Logic and Creative Processes
- Day 6 - Repeat and Recall
- Day 7 - Reflection on the Week

I promise you, if you work your way through these exercises and take the time to reflect, you will notice profound changes in your learning. Instead of being hindered by memory, productivity or skill acquisition, you will find ways to get in touch with your true learning potential. **Download your copy today to receive all of this information. Just Scroll to the top of the page and select the Buy Button** Tags: Learning, Memory, Productivity, Speed Reading, Brain Training, Critical Thinking, Time Management, Learning, Procrastination, Neuroplasticity, Concentration, Learn Faster, Focus, Intelligence, Learning, Memory, Productivity, Speed Reading, Brain Training, Critical Thinking, Time Management, Learning, Procrastination, Neuroplasticity, Concentration, Learn Faster, Focus, Intelligence, Learning, Memory,

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