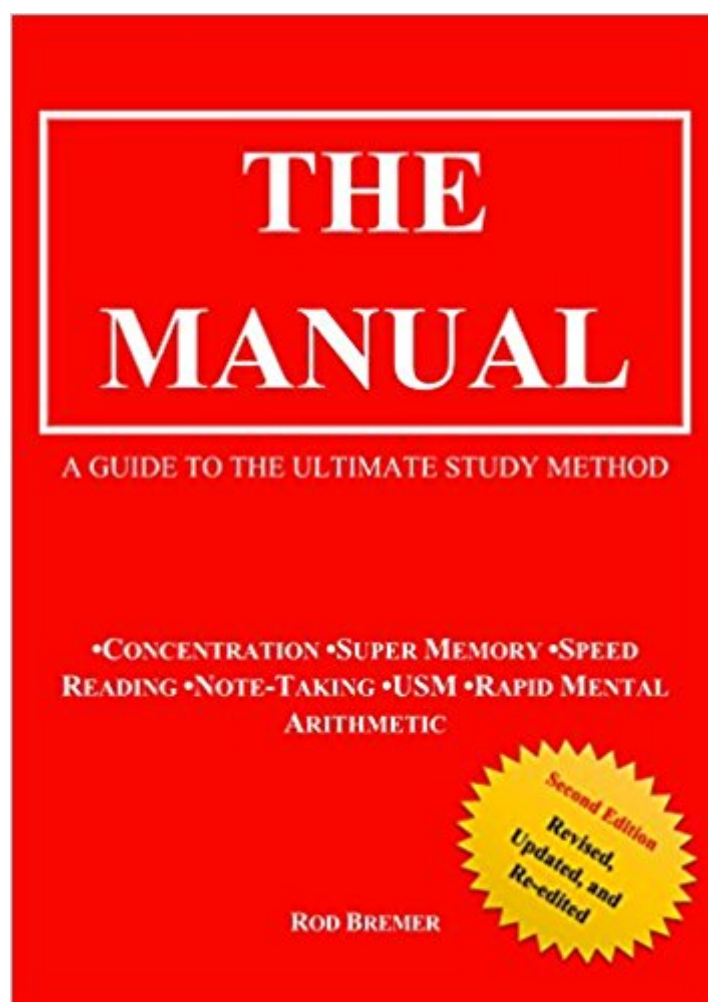


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The Manual: A Guide To The Ultimate Study Method (Concentration, Super Memory, Speed Reading, Note-Taking, USM, & Rapid Mental Arithmetic), Second Edition





Synopsis

REVISED, UPDATED, AND RE-EDITED SECOND EDITION The Manual is the definitive guide to Enhanced Concentration, Super Memory, Speed Reading, Optimal Note-Taking, Rapid Mental Arithmetic, and the Ultimate Study Method (USM). The techniques presented are the culmination of decades of practical experience combined with the latest scientific research and time-tested practices. The system described herewith will allow the practitioner to: Read faster with higher comprehension. Store information in long-term memory. Enhance concentration and focus. Access deeper levels of the mind. Induce relaxation. Master the Ultimate Study Method (USM). USM is a synergistic combination of established techniques for Concentration, Long-Term Memory Storage, Speed Reading, and Note-Taking. It involves a systematic procedure that allows the practitioner to study any topic fast, efficiently and effectively. USM can be applied to all areas of educational study, academic research, business endeavours, as well as professional life in general. The techniques and applications in this book will allow you to: Spend less time studying while getting better grades and while enjoying the process. Expand your vocabulary. Increase your knowledge exponentially. Sharpen your brain and improve your mental faculties in general. Enhance your creativity. Learn and retain foreign languages effortlessly. Master numbers in your daily-life. Remember names and faces easily. Master the Human Organiser system: a mental system for instantly recording your schedule and appointments, contacts, ideas, speeches, shopping list, to-do list, and notes. Memorise: chess openings, paintings, recipes, poems, wines and spirits, stamps, perfumes, maps, computer code, telephone numbers, mathematical formulae, chemical notation, presidents and rulers, directions, Morse code, and more. Some of the specific implementations and examples presented herein have not been documented in print before. The book follows a gradually increasing level of complexity with later chapters incrementally building on earlier ones. The techniques are described in depth, with a profusion of examples and applications. And a precise training schedule is supplied for each part of the book, to provide a clear route to mastery.

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Customer Reviews

I've been working through these suggestions daily. It's proven useful for my mid-career reboot. I haven't been in a formal academic setting for quite some time, and the structure and organization of this approach is working well for me. The book is highly opinionated, based on the author's 25 years of experimentation. It builds the kind of foundation that is easy to build on. The basic idea is better concentration leads to the ability to memorize. Rational work can build on this foundation of memorization. Speed reading depends on the foundation of memorized learning and concentration to allow the student to explore a domain more widely. The book continues to build. If you're looking for a quick fix, this book is not for you. This book is for building a strong intellectual foundation, integrating knowledge, recalling information more quickly. It's a lot of work, but I find that it's producing strong results.

Not really a lot of information that you can't find in a multitude of other books out there, but there was some good points

Great book, Must read/.

This book is an excellent guide to the foundations of how to study properly. Starting with concentration, building up to memory and going even further, I have no reservations in recommending The Manual to others who want to increase their intellectual prowess.

Very well put together. Some may say it's not new material, regardless, it is the manner in which it is

delivered and assembled along with detailed instruction; that makes this book a valuable tool

Useful strategy for boosting you memory and attaining a calm state of mind.

Have only just started, but am having the best time memorizing and learning new strategies! It's addicting once you know how to do it! Great guide. Well written.

This book is simply a good way to better your lifestyle. It takes commitment though, so be ready to make some serious adjustment.

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