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The Power Of  
**The Power  
Of  
Forgetting  
Six  
Essential  
Skills To  
Clear Out  
Brain  
Clutter  
And Become  
Sharpest  
Smartest You  
Can Be**

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**Become Six  
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Smartest  
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~~**to Forget Things**~~

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~~(3 Easy TIPS) How~~

~~to Remember More~~

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The Power of Six:

Part 1 After

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~~brain will not be  
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~~Kabat-Zinn - \"The~~

~~Healing Power of  
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~~Come Follow Me~~

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~~November 2-8)~~

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The Power Of Six

Forgetting Six

Essential Skills

Using the six tools

To Clear Out

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Forgetting, you'll

learn how to be a

more agile thinker

and productive

individual. You will

overcome the

staggering volume

of daily distractions

that lead to to

brain fog, an

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concentrate, lack  
of creativity,

stress, anxiety,

nervousness,

angst, worry,

dread, and even

depression.

Smartest You

Mike Byster

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uncommon guide  
for accomplishing

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Is it possible that  
the answer to  
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efficient and  
effective thinker is  
learning how to



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*Page 18/89*

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>> # The power of forgetting : six essential skills to clear out brain clutter and become the sharpest, smartest

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And Become

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forgetting Six  
essential skills  
to clear out  
brain clutter  
and become  
the sharpest,  
smartest you

(Book)

And Become

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clear out...

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Learn how to be a more agile thinker and productive individual. You will overcome the staggering volume of daily distractions that lead to to brain fog, an inability to concentrate, lack of creativity, stress, anxiety, nervousness,

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learn how to be a  
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and productive  
individual. You will  
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staggering volume  
of daily distractions  
that lead to to  
brain fog, an  
inability to  
concentrate, lack  
of creativity,

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nervousness,  
angst, worry,  
dread, and even  
depression.

And Become

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This publication is

amazing. It is

actually loaded

with knowledge

and wisdom You

will like the way

the blogger write

this publication.

(Keon Altenwerth)

Mike Byster

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memory training  
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forgetting a more  
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forget? Yes! M...

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Duke-NUS Medical School Forgetting functions (amount remembered as a function of time since an event was first experienced) have been extensively analyzed. The most recent evidence suggests that a power function provides the

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Contents 1

Summary 2 ...

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nervousness, angst, worry,  
dread, and even  
depression.

Brain Clutter

And Become

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that lead to to  
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dread, and even  
depression.

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To Clear Out  
unique games and  
quizzes, the  
creator of the  
award-winning  
Brainetics memory  
system provides  
readers with the  
necessary skills to  
shift through brain  
clutter to become  
more accomplished

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and capable, six  
and every day.

Original. 75,000  
first printing.

Brain Clutter

An uncommon  
guide for

accomplishing  
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becoming a more  
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that lead to to  
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Mike Byster  
inability to  
concentrate, lack  
of creativity,  
stress, anxiety,  
nervousness,  
angst, worry,



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dread, and even depression. By training your brain with Byster's exclusive quizzes and games, you'll develop the critical skills to become more successful in all that you do, each and every day.

"Fascinating and

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forgetting. . . The Six  
distinguished  
Essential Skills  
memory researcher  
To Clear Out  
Scott A. Small  
explains why  
Brain Clutter  
forgetfulness is not  
And Become  
only normal but  
Sharpest

beneficial.” —Walter  
Smartest You  
r Isaacson,  
Mike Byster  
bestselling author  
of The Code  
Breaker and  
Leonardo da Vinci

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Who wouldn't want  
a better memory?

Dr. Scott Small has  
dedicated his

career to

understanding why  
memory forsakes

us. As director of

the Alzheimer's

Disease Research

Center at Columbia

University, he

focuses largely on

patients who

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Experiencing Six

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Sharpest You  
Mike Byster  
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recently, most

everyone—memory  
scientists

included—believed

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forgetting  
served no purpose.  
But new research  
in psychology,  
neurobiology,  
medicine, and  
computer science  
tells a different  
story. Forgetting is  
not a failure of our  
minds. It's not  
even a benign  
glitch. It is, in fact,  
good for us—and,

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Forgetting memory,  
it is a required  
function for our  
minds to work best.

Forgetting benefits  
our cognitive and  
creative abilities,  
emotional well-  
being, and even  
our personal and  
societal health. As  
frustrating as a  
typical lapse can  
be, it's precisely

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what opens up our  
minds to making  
better decisions,  
experiencing joy  
and relationships,  
and flourishing  
artistically. From  
studies of bonobos  
in the wild to visits  
with the iconic  
painter Jasper  
Johns and the  
renowned decision-  
making expert

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Daniel Kahneman,

Small looks across  
disciplines to put  
new scientific

findings into

illuminating  
context while also  
revealing

groundbreaking  
developments

about Alzheimer's

disease. The next

time you forget

where you left your



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keys, remember

that a little

forgetting does a

lot of good.

Brain Clutter

Rich in its stories,

characters, and

imaginative range,

The Book of

Laughter and

Forgetting is the

novel that brought

Milan Kundera his

first big

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Forgetting Six

success in the late  
1970s. Like all his  
work, it is valuable

for far more than

its historical

implications. In

seven wonderfully

integrated parts,

different aspects of

human existence

are magnified and

reduced, reordered

and emphasized,

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newly examined,  
analyzed, and  
experienced.

To Clear Out

Georgie's new  
heart saved her  
life...but now she's  
losing her mind.

"An eerie mystery  
wrapped in a heart-  
wrenching

romance—will  
leave you  
breathless!" —

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Gretchen McNeil,  
author of TEN and  
the Don't Get Mad  
series When

Georgie Kendrick  
wakes up after a  
heart transplant  
she

feels...different.

The organ beating  
in her chest isn't in  
tune with the rest  
of her body. Like it  
still belongs to

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Forgetting else.  
Someone with  
terrible memories...  
memories that are  
slowly replacing  
her own. A dark  
room, a man in the  
shadows, the sharp  
taste of adrenaline  
these are her  
donor's final  
memories. Pieces  
of a deadly puzzle.  
And if Georgie

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doesn't want them to be the last thing she remembers, she has to find out the truth behind her donor's death...before she loses herself completely. Fans of Lisa McMann and April Henry will devour this edgy, gripping thriller with a twist readers

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won't see coming!

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IF YOU'VE EVER

LOST YOUR KEYS,

MISSED AN

APPOINTMENT OR

BEEN DISTRACTED

BY A FRIVOLOUS

EMAIL, THEN THIS

BOOK IS FOR YOU.

The key to a less

hectic, less

stressful life is not

in simply

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organizing your  
desk, but

organizing your  
mind. Dr. Paul

Hammerness, a

Harvard Medical

School psychiatrist,

describes the latest

neuroscience

research on the

brain's

extraordinary built-

in system of

organization.



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Margaret Moore, an executive wellness coach and codirector of the Institute of Coaching, translates the science into solutions. This remarkable team shows you how to use the innate organizational power of your brain

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forgetting  
to make your life  
less stressful and  
more productive  
and rewarding.

You'll learn how to:

¥ Regain control of  
your frenzy ¥

Embrace effective  
uni-tasking

(because  
multitasking

doesn't work) ¥

Fluidly shift from  
one task to another

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Using Your Six  
creativity to  
connect the dots  
This

groundbreaking  
guide is complete  
with stories of  
people who have  
learned to stop  
feeling powerless  
against multiplying  
distractions and  
start organizing  
their lives by

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organizing their  
minds.

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is summed up in

George

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Santayana's Six  
celebrated phrase,  
"Those who cannot  
remember the past  
are condemned to  
repeat it." Today,  
the consensus that  
it is moral to  
remember, You  
immoral to forget,  
is nearly absolute.  
And yet is this  
right? David Rieff,  
an independent

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writer who has  
reported on bloody  
conflicts in Africa,  
the Balkans, and  
Central Asia, insists  
that things are not  
so simple. He  
poses hard  
questions about  
whether  
remembrance ever  
truly has, or indeed  
ever could,  
"inoculate" the

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present against  
repeating the  
crimes of the past.

He argues that  
rubbing raw  
historical  
wounds--whether  
self-inflicted or  
imposed by outside  
forces--neither  
remedies injustice  
nor confers  
reconciliation. If he  
is right, then

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historical memory  
is not a moral  
imperative but  
rather a moral  
option--sometimes  
called for,  
sometimes not.

Collective  
remembrance can  
be toxic.

Sometimes, Rieff  
concludes, it may  
be more moral to  
forget. Ranging



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forgetting some  
of the defining  
conflicts of modern  
times--the Irish  
Troubles and the  
Easter Uprising of  
1916, the white  
settlement of  
Australia, the  
American Civil War,  
the Balkan wars,  
the Holocaust, and  
9/11--Rieff presents  
a pellucid

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Examining the  
uses and abuses of  
historical memory.

His contentious,  
brilliant, and  
elegant essay is an  
indispensable work  
of moral  
philosophy.

Mike Byster

In this  
heartwarming story  
of love, family and  
baked goods,

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bakery owner Hope McKenna-Smith, the divorced mother of a surly preteen girl, is summoned by her aging grandmother who, ready to reveal the secret she has kept for 70 years, sends her on a journey across the world that will forever change her

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life. Original. Six

50,000 first  
Essential Skills  
printing.

To Clear Out

When the past is

painful, as riddled  
with violence and  
injustice as it is in

postapartheid

South Africa,  
Mike Byster  
remembrance

presents a problem  
at once practical  
and ethical: how

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Smartest You  
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much of the past to  
preserve and  
recollect and how  
much to erase and  
forget if the new  
nation is to ever  
unify and move  
forward? The new  
South Africa's  
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this dilemma is  
Martin J. Murray's  
subject in  
Commemorating

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and Forgetting.

More broadly, this book explores how collective memory

works—how

framing events, persons, and

places worthy of recognition and

honor entails a selective

appropriation of the past, not a

mastery of history.

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historical past  
Essential Skills  
made to appear in  
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the present? In  
Brain Clutter  
addressing these  
And Become  
questions, Murray  
Sharpest  
reveals how  
Smartest You  
collective memory  
Mike Byster  
is stored and  
disseminated in  
architecture,  
statuary,  
monuments and  
memorials,

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literature, and  
art—“landscapes of  
remembrance” that  
selectively recall  
and even fabricate  
history in the  
service of nation-  
building. He  
examines such  
vehicles of memory  
in postapartheid  
South Africa and  
parses the stories  
they tell—stories



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forgetting sanitized,  
distorted,  
embellished, and  
compressed. In this  
analysis,  
Commemorating  
and Forgetting  
marks a critical  
move toward  
recognizing how  
the legacies and  
impositions of  
white minority rule,  
far from being truly

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The Power Of

Forgetting Six  
Essential Skills  
To Clear Out  
Brain Clutter  
And Become  
Sharpest  
Smartest You  
Mike Byster

past, remain  
embedded in,  
intertwined with,  
and imprinted on  
the new nation's  
here and now.

From the award-  
winning journalist  
and author, a  
lyrical, raw and  
humane  
investigation of  
dementia that

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Explores both the journeys of the people who live with the condition and those of their loved ones After a diagnosis of dementia, Nicci Gerrard's father, John, continued to live life on his own terms, alongside the disease. But when an isolating

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hospital stay Six  
precipitated a  
dramatic turn for  
the worse, Gerrard,  
an award-winning  
journalist and  
author, recognized  
that it was not just  
the disease, but  
misguided protocol  
and harmful  
practices that  
cause such pain at  
the end of life.

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Gerrard was Six  
inspired to seek a  
better course for all  
who suffer because  
of the disease. The  
Last Ocean is  
Gerrard's  
investigation into  
what dementia  
does to both the  
person who lives  
with the condition  
and to their  
caregivers.

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Dementia is now one of the leading causes of death in the West, and this necessary book will offer both comfort and a map to those walking through it.

While she begins with her father's long slip into forgetting, Gerrard expands to examine dementia

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writing large. Gerrard gives raw but literary shape both to the unimaginable loss of one's own faculties, as well as to the pain of their loved ones. Her lens is unflinching, but Gerrard honors her subjects and finds the beauty and the humanity

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in their seemingly  
diminished states.  
In so doing, she  
examines the  
philosophy of what  
it means to have a  
self, as well as how  
we can offer  
dignity and peace  
to those who suffer  
with this terrible  
disease. Not only  
will it aid those  
walking with



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The Power Of

dementia patients,  
The Last Ocean will  
prompt all of us to  
think on the nature  
of a life well lived.

And Become

Sharpest  
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