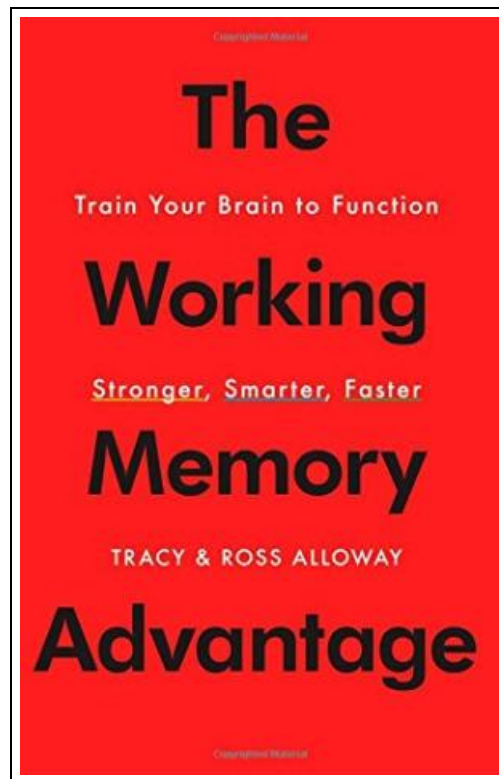


The Working Memory Advantage: Train Your Brain to Function Stronger, Smarter, Faster



Filesize: 2.63 MB

Reviews

This publication is definitely not simple to begin on studying but really exciting to read. It is actually rally fascinating through reading time. Your life span will be enhance when you complete looking at this publication.
(Laurence Littel)

THE WORKING MEMORY ADVANTAGE: TRAIN YOUR BRAIN TO FUNCTION STRONGER, SMARTER, FASTER



SIMON SCHUSTER, United States, 2014. Paperback. Book Condition: New. Reprint. 212 x 140 mm. Language: English . Brand New Book. A bigger asset than IQ: The first book to introduce the newly discovered--and vitally important--mental skill known as working memory, showing how it is crucial to our success in work and life and how to strengthen it. Working memory--your ability to work with information--influences nearly everything you do. What if you could find a way to better handle a crazy schedule or expertly manage risks? What if you could gain an advantage in climbing the career ladder or in school or sports? What if there were a way to improve your outlook on life, to face each day with more optimism and confidence? Tracy and Ross Alloway, leading experts in the field, show how working memory is the key to all that and more. They present important recent findings, including research on how Facebook can help with working memory, how working memory can improve your kids grades, how it changes as you age, and how working memory is linked with ADHD, autism, dyslexia, and Alzheimer s. The Alloways describe their Jungle Memory program, which Ross created to help children improve their working memories, and is rapidly being embraced by the education community. Most importantly, they share the best news: you can improve your memory! Their book provides three tests to find out how good your working memory is--and more than fifty targeted exercises designed to help readers both process and memorize the information to maximize effectiveness. The Working Memory Advantage offers unprecedented insight into one of the most important cognitive breakthroughs in recent years--a vital new approach to making your brain stronger, smarter, and faster.



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Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

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I Wish My Teacher Knew: How One Question Can Change Everything for Our Kids (Hardback)

The Perseus Books Group, United States, 2016. Hardback. Book Condition: New. 210 x 140 mm. Language: English . Brand New Book. One day, third-grade teacher Kyle Schwartz asked her students to fill-in-the-blank in this sentence:...

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Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents...

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