



## Mind Performance Hacks: Tips & Tools for Overclocking Your Brain

By Hale-Evans, Ron

O'Reilly Media, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: CreditsPrefaceChapter 1. Memory1. Remember 10 Things to Bring2. Use the Number-Shape System3. Make Lots of Little Journeys4. Stash Things in Nooks and Crannies5. Use the Major System6. Use the Dominic System7. Visit the Hotel Dominic8. Dominate Your Memory9. Memorize Numbers with Carroll's Couplets10. Tune In to Your Memory11. Consume Your Information in Chunks12. Overcome the Tip-of-the-Tongue EffectChapter 2. Information Processing13. Catch Your Ideas14. Write Faster15. Speak Your Brain's Language16. Map Your Mind17. Build an Exoself18. Pre-Delete CruftChapter 3. Creativity19. Seed Your Mental Random-Number Generator20. Force Your Connections21. Contemplate Po22. Scamper for Ideas23. Deck Yourself Out24. Constrain Yourself25. Think Analogically26. Enjoy Good, Clean Memetic Sex27. Play Mind Music28. Sound Your Brain with Onar29. Keep a Dream Journal30. Hold a Question in Mind31. Adopt a Hero32. Go Backward to Be More Inventive Going Forward33. Spend More Time Thinking34. Extend Your Idea Space with Word SpectraChapter 4. Math35. Put Down That Calculator36. Make Friends with Numbers37. Test for Divisibility38. Calculate Mental Checksums39. Turn Your Hands into an Abacus40. Count to a Million on Your Fingers41. Estimate Orders of Magnitude42. Estimate Square Roots43. Calculate Any WeekdayChapter 5....



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