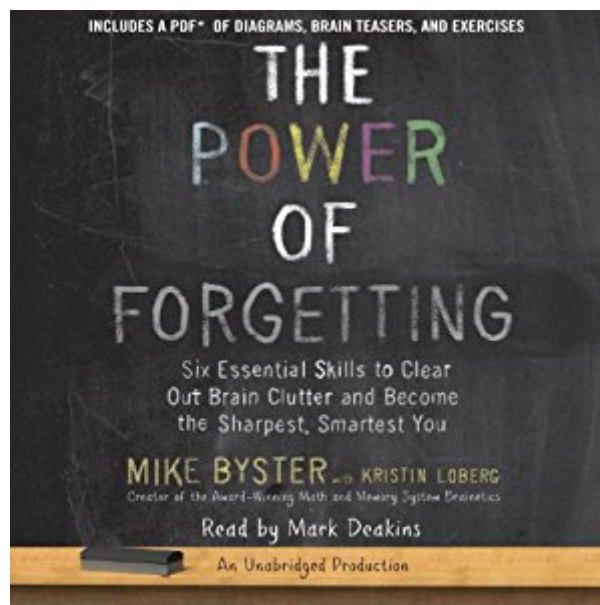




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# The Power Of Forgetting: Six Essential Skills To Clear Out Brain Clutter And Become The Sharpest, Smartest You



## Synopsis

An uncommon guide for accomplishing more every day by engaging the unique skill of forgetting, from the creator of the award-winning memory training system Brainetics. Is it possible that the answer to becoming a more efficient and effective thinker is learning how to forget? Yes! Mike Byster will show you how mastering this extraordinary technique - forgetting unnecessary information, sifting through brain clutter, and focusing on only important nuggets of data - will change the quality of your work and life balance forever. Using the six tools in *The Power of 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 brain fog, an inability to concentrate, lack of creativity, stress, anxiety, nervousness, angst, worry, 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.

## Book Information

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Self-Help > Memory Improvement

## Customer Reviews

This book is in no way shape or form about clearing your mind. This book is in no way designed to get your brain to work faster on a deeper level. It's just a combination of some Mnemonic techniques and mental math to save you some time on studying and the easier math you would use a calculator for. The first 75 pages are him droning on about making your brain more efficient, but not covering any techniques. I could give a break down of the book and how many extra pages there were, but that would give the book more time than it deserves. Lets just say that maybe 50

pages of this 350 page book provided any content (and not even that good of content). The author also hates referencing things. The only people who get to avoid referencing are memory masters like Dominic O'Brien who are 8 time world memory champions. I mention O'Brien because his Brilliant Memory book is a good piece to contrast with. His book was all technique and almost no filler. This book on the other hand is almost all filler and the Mnemonics are only average. If you want to clear your mind and work in your mind's optimal zone, then pick up a book like Deep Work by Cal Newport which will talk about the difference between a walk in the park and a walk in a busy city, the effects of media and multitasking, and the value of letting yourself be bored. This is all around a wasted read.

This book is fun, it makes me feel smarter, and I'm sharing a lot of it with my kids. The practical examples are very useful and the writing style is very approachable. I love the insights Byster provides that I can use daily to work on the skills he teaches. I am curious if the author does any speaking for large groups as I'd like to invite him to speak to my company.

I was so excited to read this book! I am 47 and I am always looking for great ways to exercise my brain and this is the "Buns of Steel" for the brain! This book is a smooth read which challenges one to think outside of the box and dares you to use your brain in fun ways! I completely enjoyed Mr. Byster's passion for the topic and I think he has wise and useful tips that when used more than once can keep the mind more productive and helps to flex the most important muscle of all! People don't just exercise once and expect to be fit and it is logical that the brain needs to be worked out to keep it fit and productive!.

Marie Kondo is to de-cluttering physical spaces as Mike Byster is to de-cluttering your mind. Just like with Kondo's book, you should only read The Power of Forgetting when you are ready to do some work. Having a more productive mind isn't going to happen without challenging yourself and being willing to do some major spring cleaning. Mike Byster gives many examples of ways to exercise your brain. Personally, I've started alphabetizing letters in common words and dividing by 91 just for fun. I create stories in my mind when I go to the grocery store to remember my list. It's exciting to think what improvements I'll make over time by trying his different exercises. If only I could take a photo of the sock drawer in my head!

Mike Byster, The Human Calculator, first appeared in my universe when he was in sixth grade and I

was teaching eighth-grade advanced algebra. At his brilliant older sister's urging, he engaged me in a mental-arithmetic contest and beat me, while displaying a precocious humility. Two-years later, in the advanced algebra class, his math and memory skills were savant-like, and he was the epitome of maturity, affability and compassion. When he was in high school, he came back to demonstrate his skills, accompanied by a fellow student who had mastered many of Mike's skills. Mike's die was cast, at that young age, as a math and memory guru who could train others to apply his skills. In his book, Mike interleaves his sincere efforts to build the reader's self-confidence, his clear and entertaining explanations of the requisite memory skills, and a rich cornucopia of exercises, tricks and games to stretch (and boggle) the reader's brain. If you jump inside the head of Mike Byster, you will enjoy a fascinating tour of an amazing mind, and emerge with an improved memory and a sharpened brain.

Wasn't sure about this book. However once I got in to it. It was very good. The premise is that we as a society are relying on our technology to do our thinking for us. This book has fun games to try with others and get them thinking as well.

Just got this and have been totally engrossed in it. It gives great tools to clear out the clutter and distractions in everyday life. Very helpful.

extremely worthwhile, Very happy with this purchase.

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