Performance Superlearning

Sheila Ostrander, Lynn Schroeder, Nancy Ostrander

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Superlearning 2000 is chock-full of now strategies for increasing brainpower and succeeding in life. Techniques for learning with subliminal memory, using music to improve brainpower and recognizing which foods increase productivity and creativity are fully explored. Once the concept of Superlearning is grasped, listeners are taught how to prepare their own program and implement their new skills.

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