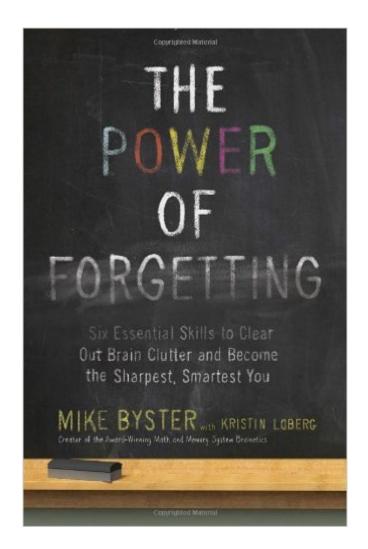
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# The Power Of Forgetting: Six Essential Skills To Clear Out Brain Clutter And Become The Sharpest, Smartest You





## 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 BraineticsIs 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 techniqueâ "forgetting unnecessary information, sifting through brain clutter, and focusing on only important nuggets of dataâ "will change the quality of your work and life balance forever.Using the six tools in The Power of Forgetting, youâ ™II 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, angst, worry, dread, and even depression. By training your brain with Bysterâ ™s exclusive quizzes and games, youâ ™II develop the critical skills to become more successful in all that you do, each and every day.

## **Book Information**

Paperback: 368 pages Publisher: Harmony (March 18, 2014) Language: English ISBN-10: 0307985873 ISBN-13: 978-0307985873 Product Dimensions: 5.1 x 0.9 x 8 inches Shipping Weight: 11.4 ounces (View shipping rates and policies) Average Customer Review: 3.7 out of 5 stars Â See all reviews (22 customer reviews) Best Sellers Rank: #959,120 in Books (See Top 100 in Books) #306 in Books > Humor & Entertainment > Puzzles & Games > Math Games #620 in Books > Self-Help > Memory Improvement #2138 in Books > Education & Teaching > Schools & Teaching > Instruction Methods > Mathematics

#### **Customer Reviews**

I get it. I think.THE POWER OF FORGETTING took me a while to work through. By Mike Bysterâ <sup>™</sup>s design, itâ <sup>™</sup>II take you a while, too. Everything starts off easily enough: hereâ <sup>™</sup>s the brain, hereâ <sup>™</sup>s how it works, and thenâ "BAM! Youâ <sup>™</sup>re then being asked to find a pattern in a group of ten-digit numbers. For â œfunâ • Byster talks about using his brain to find out things that occur naturally, such as the longest word you can type with only the letters on the top line of keyboard. Naturally. Fun.I wanted to dismiss Bysterâ <sup>™</sup>s ideas as being over-the-top. But then things started happening. No, I couldnâ <sup>™</sup>t complete half of his exercises, but of those I did complete, they must have done something. I feel like lâ <sup>™</sup>m remembering more. I feel like I see more. He talks of the brainâ <sup>™</sup>s elasticity, so between exercising it and relaxing it, lâ <sup>™</sup>m getting somewhere. Hopefully in the right direction.So, yes. I can see what folks are saying about THE POWER OF FORGETTING. Byster is in a league outside of the norm. This book will not turn you into a junior Byster. However, if you follow his steps and put genuine work into the lessons, something will happen, both in memory and mental efficiency. Part of me though wonders how much of this comes from the power of noticing and being present (which happens to be part of the title of a book lâ <sup>™</sup>II be reviewing in a couple of months).Hereâ <sup>™</sup>s the real thing: does Byster leave the common folks behind? Mostly, no. I would have liked simpler warm-up exercises (not sure if that goes against the Byster religion), but more so I would have liked footnotes. References. Resources. Byster rattles off info that sounds familiar to my other readings, but there arenâ <sup>™</sup>t many go-tos. The reader wonâ <sup>™</sup>t know where heâ <sup>™</sup>s coming from; what well heâ <sup>™</sup>s drawing from.

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