

The Power Of Forgetting Six Essential Skills To Clear Out Brain Clutter And Become Sharpest Smartest You Mike Byster

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The Power of Forgetting: Six Essential Skills to Clear Out ...
The Power of Forgetting: Six Essential Skills to Clear Out Brain Clutter and Become the Sharpest, Smartest You Paperback – March 18, 2014

The Power of Forgetting: Six Essential Skills to Clear Out ...
The Power of Forgetting: Six Essential Skills to Clear Out Brain Clutter and Become the Sharpest, Smartest You. The forgetting part really isn't forgetting, but it's about brain-sharpening games and techniques that the author asserts will help you learn, focus and function better. But it is NOT good in audiobook...

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The Decay Theory of Forgetting. Information in short-term memory lasts approximately 15 to 30 seconds and if it is not rehearsed, the neurochemical memory trace quickly fades. According to the trace decay theory of forgetting, the events that happen between the formation of a memory and the recall of the memory have no impact on recall.

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Forgetting. An example of one of these factors could be the amount of time the new information is stored in the memory. Events involved with forgetting can happen either before or after the actual memory process. The amount of time the information is stored in the memory, depending on the minutes hours or even days...

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