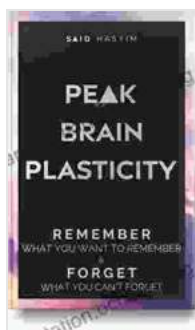


Remember What You Want To Remember And Forget What You Can Forget

We all have too much information to remember these days. It's impossible to keep track of everything, and trying to do so can lead to stress, anxiety, and even burnout.



Peak Brain Plasticity: Remember What You Want to Remember and Forget What You Can't Forget (Peak Productivity) by Said Hasyim

★★★★☆ 4.2 out of 5

Language	: English
File size	: 1785 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 134 pages
Lending	: Enabled



But what if there was a way to remember what you need to remember and forget what you don't? What if you could free up your mind and focus on the things that are truly important to you?

That's what this book is all about. *Remember What You Want To Remember And Forget What You Can Forget* will teach you how to:

- Identify what information is worth remembering

- Develop strategies for remembering what you need to know
- Let go of the information you don't need

This book is not about giving you a magic pill that will make you remember everything. Instead, it will provide you with the tools and techniques you need to develop a better memory and forget what you don't need to remember.

If you're ready to improve your memory and free up your mind, then this book is for you.

What others are saying about *Remember What You Want To Remember And Forget What You Can Forget*

"This book is a must-read for anyone who wants to improve their memory and forget what they don't need to remember. It's full of practical tips and advice that you can start using today." - *Jim Kwik, author of Limitless*

"I've read a lot of books on memory improvement, but this one is the best. It's clear, concise, and full of actionable advice. I highly recommend it." - *Tony Buzan, author of The Mind Map Book*

"This book is a game-changer. I've already started using the techniques in this book, and I'm amazed at how much my memory has improved." - *Maria Popova, author of Brain Pickings*

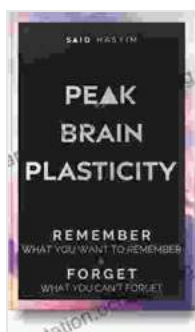
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