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图书基本信息

- 书名: <<如何开启智慧>>
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- 出版时间:外语教学与研究出版社
- 作者:(英)赖特(Wright,A.)(著),梁燕(注)
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内容概要

How to Improve Your Mind is one in a series of five books. There are five chapters, each dealing with a different aspect of improving your mind. There are several different sections in each chapter, and some will probably be more interesting and relevant to you than others. There is no need to read every section. I hope you will find it all interesting and entertaining, and that your reading of English will improve as well as your abilities.

Indicates that there is a question you should think about on your own.

Indicates that if you are reading the book with another person you should talk about this particular question with him or her.

You may be reading the book while studying English in a class, with a teacher, or you may be reading it at home in the evenings, or on a train, or anywhere else-it doesn't matter!

What I do hope is that you enjoy reading about improving your mindin English!





书籍目录

Contents Thanks About this book Some thoughts about thinking Our wonderful brain How to reduce stress and tension Stress Signs of stress What is causing the stress? A few tips Old recipes for happiness Rebotion Mind and body Good breathing Sleeping better Muscle relaxation Meditation Self-hypnosis How to think creatively Left sbe and right side If you have two legs why hop? Does left mean bad? Three 'rhinktw' languages How to develop your visual thinking Seeing objects in your mind's eye Seeing actions and movement in your mind's eye Hearing, smelling, tasting and touching... in your mind Creating new objects and actions After-images Hypnogogic images Techniques for crearive problem solving PIE Define the problem Stand back from the problem What really is the problem? How to get a lot of new ideas Other people's good ideas The familiar strange or the strange famillar? Brainstorming Sleep on it? Analogies **Unexpected connections** Attributes More techniques

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Vague ideas are useful How to evaluate and make a decision Things to think about before you make a decision Some ways of making decisions A checklist for problem solving How to use your memory A most remarkable memory You,too,have an amazing memory! Do older people have good memories? Memory and remembering Short term and long term memory Organising your information Look for the important information Group your information First letters first The best way to learn is to teach! Making notes Full texts Structured notes Note maps Organising yourself Have a break! A little and often is best Keep going back Learning new vocabulary Starting point Families of words Memory techniques The advice of St Thomas Aquinas How to remember a list of objects Technique 1: Strange connections Technique 2: Think of a room you know well How to remember abstract words How to remember long numbers How to remember people's names Body and letter shape Face Voice Character Name Poems Our memories are important to the police A picture history of memory How to read faster... and understand more What is the truth about faster reading? Common faults in reading Some techniques and exercises for increasing your reading speed How to improve your reading efficiency

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Anticipation Surveying Surveying the contents, etc. Surveying the chapters Scanning The organisation of the text Summary of reading techniques and skills for informational texts Some objections to these techniques Last thoughts Answers Acknowledgements





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