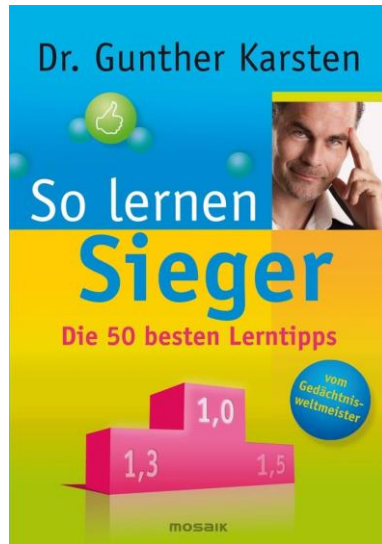


The new standard work by the world memory master



Dr. Gunther Karsten
How Winners Learn
[So lernen Sieger]
The 50 best tips

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Dr. Gunther Karsten has several times been the German national and the world memory master. His enormous abilities are based on techniques that he learned years ago and has been developing ever since. He is a worldwide sought-after memory trainer.

Whether professionals or students – lifelong learning is a theme in everyone’s life. The world memory master Dr. Gunther Karsten shows how to learn properly – efficiently and successfully, while being focused and goal oriented. He presents here 50 clearly arranged tips that anyone can easily use.

He explains how to successfully implement memory techniques (e.g., mnemonic techniques, the Loci method), learning methods (e.g., mind mapping, the analogy method), and mental tricks (e.g., visualisation, emotionalisation).

- Latest scientific findings come into play here just as do tried-and-true memorising tricks
- Each tip is illustrated with a practical example
- A self-test helps to determine and to optimize your own learning quotient

Press

“Gunther Karsten, German memory master, fine tunes strategically and with fantasy to arrive at high performance.”
Focus