



The Manual- A guide to the Ultimate Study Method (USM)

By Mr Rod Bremer



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“The Manual” is the ultimate guide to Speed Reading, Super Memory, Laser Concentration, Rapid mental arithmetic and Optimal learning strategies. Some of the specific implementations and examples presented have not been documented in print before. The techniques discussed are the culmination of decades of practical experience combined with the latest scientific research, as well as time-tested methods. The system described herewith will allow the practitioner to:

- Read faster with higher comprehension
- Remember any type of information instantly
- Store information in long term memory
- Enhance concentration and focus
- Access deeper levels of mind
- Induce relaxation
- Rapidly perform complex mental arithmetic
- Master the Ultimate Study Method (USM) - a synergistic combination of the concepts above, built into an organised system that allows the user to study any topic fast, efficiently and effectively. This systematic approach can be applied to all areas of educational study, academic research, business endeavours as well as professional life in general. The methods presented vary from basic to highly advanced, making this text suitable to all levels- from the high school pupil, amateur memory competitor, all the way to highly skilled academics. The Ultimate Study Method (USM) will allow you, among many others, to:
- Spend less time studying, while getting better grades: application examples are presented for Mathematics, Chemistry, History, Computer programming, Vocabulary and Spelling
- Be able to remember longer and use the retained information better
- Increase your knowledge exponentially
- Train your brain and improve your faculties in general
- Learn and retain foreign languages
- Calculate mentally fast in business environments
- Give a speech or lecture without the need for notes
- Remember easily all important networking facts: calendar, faces, names, functions and phone numbers
- Mentally store important facts about your interests: Chess, Art, Recipes, Poems, Oenology, Philately, Perfumery, Maps, and more



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