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A Sheep Falls Out of the Tree: And Other Techniques to Develop an Incredible Memory and Boost Brainpower

Christiane Stenger

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SUPERCHARGE YOUR BRAIN!
Discover the secrets of a world memory champion.

By the age of eighteen, Christiane Stenger had won the annual Youth World Memory Training Championship-three times! Now she shares her proven brain-boosting program to help you think smarter, faster, and better than you ever thought possible. You'll learn how to:

- REMEMBER lists, names, numbers, and more
- INCREASE your overall intelligence
- ENHANCE creativity and performance
- SCORE higher grades in school
- SUCCEED in work and in life

Packed with interactive exercises, activities, and quizzes, this fun-filled guide shows you simple everyday ways to improve your memory and sharpen your mental skills, using odd phrases, silly stories, and visual images you'll never forget. (The book's title, *A Sheep Falls Out of the Tree*, is a trick for remembering numbers!) Best of all, your new memory powers will benefit every part of your life, from home to school to work. So grab a pen and get started on improving your memory-with the training program of champions.

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