



Train your brain: Die Erfolgsgeheimnisse eines Gedächtniskünstlers (German Edition)

Rüdiger Gamm, Alexandra Ehlert

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Die Erfolgsgeheimnisse des »lebenden Taschenrechners«

Wie viel ist 99 hoch 20? Rüdiger Gamm löst selbst schwierigste mathematische Aufgaben im Kopf. Zusammen mit Alexandra Ehlert präsentiert er zahlreiche Techniken und Tipps, mit denen jeder schneller Informationen aufnehmen und seine Gedächtnisleistung verbessern kann.

Einfache Trainingstipps für den Alltag:

- Putzen Sie sich abwechselnd mit der linken und der rechten Hand die Zähne
- Lesen Sie ein paar Zeilen, die auf dem Kopf stehen

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