

<<如何开启智慧>>

图书基本信息

书名：<<如何开启智慧>>

13位ISBN编号：9787560015569

10位ISBN编号：7560015565

出版时间：1999-03

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）

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<如何开启智慧>>

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 mind in English!

<<如何开启智慧>>

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

<<如何开启智慧>>

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

<<如何开启智慧>>

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

#### 版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>