

<<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>