



Unlock your brainpower

If you need to absorb information like a sponge and remember it, then this DVD-Video program is for you. Based on scientific discoveries in neuroscience and how the brain works, Nina Sunday shows you how to cultivate a high performing memory.

You will learn the laws of memory, how to recall information and some superb tools for memory retention. Retrieving will never be a problem again!

Don't just take our word for it

'My brain now works like a new brain. I am more focused and work smarter.'
Jane Tumbri, Human Resources Manager, Cognos

'User-friendly course. I am more confident using my memory more efficiently.'
Pina Carrabs, Customer Service Manager, UPS

You will need:

While not essential, it is better to participate with the free workbook which you can print off from www.brainpowertraining.com.au/

Chapter 1. Introduction Chapter 2. Memory game - Primacy, Recency, Von Restorff Effect
Chapter 3. Memory hooks Chapter 4. Attention span Chapter 5. Rule of seven
Chapter 6. Curve of forgetting Chapter 7. How to remember numbers
Chapter 8. Review Chapter 9. Why exercise aids memory

Brainpower Training holds public and on-site instructor-led seminars. Contact us for details and ask about our special offer for buyers of this DVD (with proof of purchase).

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Duration: 67 minutes **Age: 14+** **Widescreen**

Nina Sunday, BA, DipEd, DipArts (AustFilmTVSchl), is a leading educator who captivates audiences everywhere with her warm presentation style. Nina Sunday is passionate about helping us unlock our full potential to create a supermemory. In 1990, Nina founded Brainpower Training, which recently won a prestigious Australian Innovation in Learning national award.

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Super Memory

Brainpower Training



Super Memory



Unlock your brainpower

If you want to remember information like a genius, this is for you.



Whether you're studying or at work, learn from the expert, Nina Sunday.

