



The Power of Forgetting: Six Essential Skills to Clear Out Brain Clutter and Become the Sharpest, Smartest You

Mike Byster

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An uncommon guide for accomplishing more every day by engaging the unique skill of forgetting, from the creator of the award-winning memory training system Brainetics

Is it possible that the answer to becoming a more efficient and effective thinker is learning how to forget? Yes! Mike Byster will show you how mastering this extraordinary technique—forgetting unnecessary information, sifting through brain clutter, and focusing on only important nuggets of data—will change the quality of your work and life balance forever.

Using the six tools in *The Power of Forgetting*, you'll learn how to be a more agile thinker and productive individual. You will overcome the staggering volume of daily distractions that lead to brain fog, an inability to concentrate, lack of creativity, stress, anxiety, nervousness, angst, worry, dread, and even depression. By training your brain with Byster's exclusive quizzes and games, you'll develop the critical skills to become more successful in all that you do, each and every day.

The Power of Forgetting: Six Essential Skills to Clear Out Brain Clutter and Become the Sharpest, Smartest You Details

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Lori Gibbany says

Wonderful book. Not sure if audio was the best way with the examples games and quizzes he had in the book but between reading and Watchung videos I think I have it. Our brain, and bodies are our most precious resource going to do all I can to make sure mine stays working.

Ryan Dejonghe says

I get it. I think.

THE POWER OF FORGETTING took me a while to work through. By Mike Byster's design, it'll take you a while, too. Everything starts off easily enough: here's the brain, here's how it works, and then—BAM! You're then being asked to find a pattern in a group of ten-digit numbers. For "fun" Byster talks about using his brain to find out things that occur naturally, such as the longest word you can type with only the letters on the top line of keyboard. Naturally. Fun.

I wanted to dismiss Byster's ideas as being over-the-top. But then things started happening. No, I couldn't complete half of his exercises, but of those I did complete, they must have done something. I feel like I'm remembering more. I feel like I see more. He talks of the brain's elasticity, so between exercising it and relaxing it, I'm getting somewhere. Hopefully in the right direction.

So, yes. I can see what folks are saying about THE POWER OF FORGETTING. Byster is in a league outside of the norm. This book will not turn you into a junior Byster. However, if you follow his steps and put genuine work into the lessons, something will happen, both in memory and mental efficiency. Part of me though wonders how much of this comes from the power of noticing and being present (which happens to be part of the title of a book I'll be reviewing in a couple of months).

Here's the real thing: does Byster leave the common folks behind? Mostly, no. I would have liked simpler warm-up exercises (not sure if that goes against the Byster religion), but more so I would have liked footnotes. References. Resources. Byster rattles off info that sounds familiar to my other readings, but there aren't many go-tos. The reader won't know where he's coming from; what well he's drawing from.

In the end, you'll see improvement. Maybe the title isn't accurate(I'm noticing and remembering more versus forgetting more—blocking out distractions; focusing). Maybe he takes off and goes into regions we can't follow. But if you put in the work, it'll still pay off.

Thanks to Harmony, Crown, and Random House for a review copy of this book. It'll definitely be one that

I'll go back to: keeping that mental saw sharpened.

Jessica says

This was an interesting book. The math tricks were totally beyond me, though.

PennyLady (Bev) says

"An uncommon guide for accomplishing more every day by engaging the unique skill of forgetting, from the creator of the award-winning memory training system Brainetics" (Random House)

Six tools are presented to help you overcome distractions and concentrate and focus on productive thinking.

My only "I didn't expect" was the amount of time devoted to mathematical pursuits.

For me, the mathematics were not of particular interest but I did find other challenging items to explore.

3.5 ★

Jessica says

This would have been a solid 3 stars had I read it instead of listening to the Audiobook. This reads much more like a textbook instead of just non-fiction self-help.

Karen says

Listened to the audiobook, which is narrated by a medium-toned American male voice. Fun mini-tests and quirky math tricks pepper the sound advice the author has written from the heart.

Favourite quotes:

"Training your brain to operate faster, focus intently and immediately when you need it to, and unleash its fullest potential doesn't hinge on genetics, inherited IQ, access to the best schools, or even medical breakthroughs. The one skill that trumps all others in becoming smarter, more productive, and exceedingly more imaginative, is forgetting."

"I never teach my pupils. I only attempt to provide the conditions in which they can learn." ~ Albert Einstein

"Theoretically, our brains have the room to hold a lot more information than we realize: upward of ten billion encyclopedia pages worth. But in order to do so optimally, we have to continue to work the brain in ways that compel it to absorb, sort, organize, and file away information properly."

Idea: Sometimes the task itself is more important than the content.

"An organized brain is a roomy brain."

"Choose to be prosperous, productive, and prolific."

Stephanie says

Audible copy lacked the tests that would make this a better book.

Ivan says

Misleading title.

Rehash of familiar info on "creative thinking" + junior-high (at least outside US) level math and word tricks.

Mél says

No matter how much I wanted to read this book the content was just not portrayed for being reader friendly. I found myself nodding off every time I attempted reading it.

Karin says

This book was neither good nor bad, but my teens were fascinated by it every time they were in the van while I was listening to it. The forgetting part really isn't forgetting, but it's about brain-sharpening games and techniques that the author asserts will help you learn, focus and function better. But it is NOT good in audiobook, which is the ONLY way my library system had it, and the reviews weren't stellar enough for me to buy it without listening to it first.

Unlike some reviews, the games, etc, are not all math shortcuts. There are also ones with words, etc, and a lot of discussion about seeing patterns. But, honestly, he plays some of these games constantly, even while talking with people and so how is that great focus on listening? Seriously, I have no desire to have a conversation with someone who is alphabetizing all the letters in each sentence I say even if it is silently. I liked it overall, but didn't think this was the best thing since sliced bread. I would like to play a few of the games with my kids, since we like those sorts of word/letter games, and even though he has a lot of shortcuts for math and he claims you don't need to know the regular rules, it was knowing the regular math algorithms (addition, subtraction, multiplication & division) that helped me see instantly why and how his shortcuts worked.

Kari says

Very interesting! Love the info he has in here. A good one to buy and refer back to! The boys and I have

really enjoyed some of his tricks and have learned a ton!

Chris Goodbread says

This book is great for anyone who would like to learn or brush up on skills like pattern recognition, and association. It is also full of little brain teaser puzzles and exercises that you can do daily.

If you are looking for the pay out of the title of this book, you'll find that you will actually have to get through 85% of it content before you get there. Which is just more brain exercises and learning how to pair down large portions of information, so that you can just remember what is important.

I'd recommend this book if you are new to these skills, or want to brush up on them, it even states it's a good book to read once a year. I wouldn't recommend this book to anyone who knows this material already and is looking to learn more. There are a few cool tricks to learn from it, but I would say just watch a TEDxTalk by the author, and visit their website for most of the same content.

Sergiu Strat says

"memory palace"

Gregory says

does not work well in Audio form.

Daniel says

The first chapters of this guide hooked me and got me excited, but the author's application of these insights left me kind of bored. I could see how the various word and number games he went into (extensive) detail could help focus the mind, but I wasn't looking for that. Some interesting ideas, though.
