



# Silva Mind Control For Super Memory and Speed Learning

*Hans DeJong*

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# Silva Mind Control For Super Memory and Speed Learning

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## **Silva Mind Control For Super Memory and Speed Learning** Hans DeJong

Study less and learn more with the world's most famous method of personal power and self-control.

A powerful program of simple, effective methods to dramatically expand the power of your mind to absorb and retrieve information! Discover how to operate at the Alpha level -- the brainwave frequency that signals the optimum level to learn new material and recall what you've learned.

Recorded live in seminar with Hans DeJong, the # 1 Silva trainer in America, these techniques -- proven effective by everyone from students to homemakers to businessmen to college professors -- will increase your capacity to make use of the data stored in the complex computer that is your brain. Among the techniques you will learn are:

- Mental Housecleaning Exercises -- methods of preparing your mind to accept information quickly and easily.
- Memory Pegs -- a way of creating mental 'hooks' on which you can 'hang' and easily reach things you want to remember.
- The Mental Screen -- a process of visualization to help you bring information back to living memory.
- The Three Fingers Technique -- a simple, centuries-old physical behavior to help you absorb, store and access information.

Special feature: Includes mental exercises incorporating Alpha sound, and sequences of Alpha sound to help you reach and stay in the Alpha state while you develop your new skills.

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