



# Mentes Geniais (Portuguese Edition)

*Alberto Dell'isola*

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## **Mentes Geniais (Portuguese Edition)** Alberto Dell'isola

Alberto Dell'isola: O Homem-memória brasileiro, detentor de dois recordes latino-americanos de memorização. • Técnicas efetivas de memorização; • Como memorizar nomes, fisionomias e datas; • Memorize leis e artigos jurídicos; • Aumente sua concentração; • Aprenda a criar mapas mentais. Você tem uma mente genial? Alberto Dell'Isola já foi o cara mais esquecido da faculdade, até sagrar-se campeão brasileiro de memorização, recordista latino-americano e ficar conhecido nacionalmente como o “homem-memória”. Neste livro, ele revela seus segredos e apresenta uma série de técnicas e exercícios que vão lhe ajudar a aprimorar de forma significativa sua capacidade cognitiva. Você aprenderá a treinar o seu cérebro para gravar o maior número de informações, vai potencializar sua capacidade de aprendizado e descobrirá como é possível decorar de maneira eficaz datas, fórmulas, discursos, números e acontecimentos históricos. Essas técnicas para ampliar a capacidade do cérebro não valem apenas para quebrar a banca de cassinos ou criar campeões. Suas aplicações são abrangentes e úteis para o dia a dia de todos aqueles que estudam, trabalham e vivem imersos na verdadeira avalanche de informações e dados do mundo moderno.

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