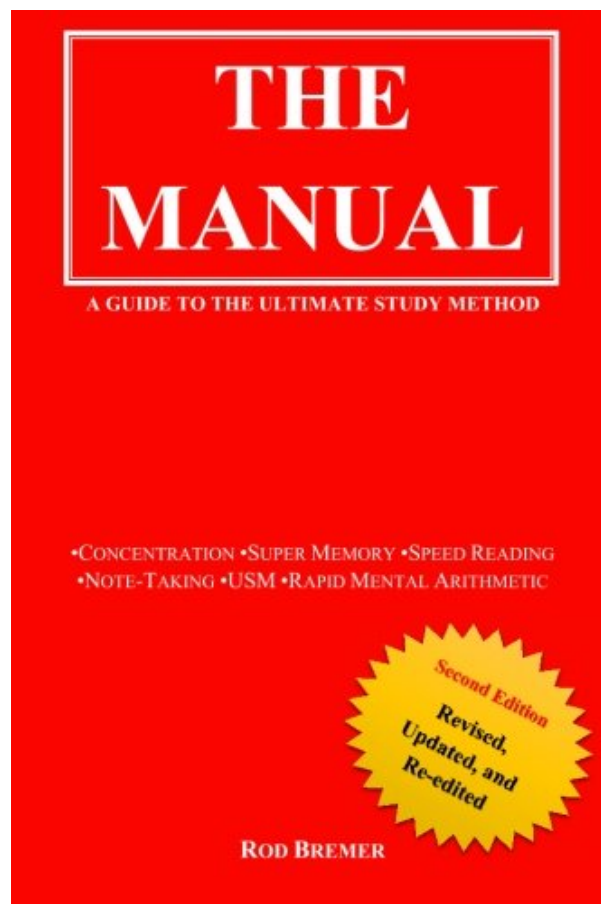


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The Manual is the definitive guide to Enhanced Concentration, Super Memory, Speed Reading, Optimal Note-Taking, Rapid Mental Arithmetic, and the Ultimate Study Method (USM).

The techniques presented are the culmination of decades of practical experience combined with the latest scientific research and time-tested practices. The system described herewith will allow the practitioner to:

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- Master the Ultimate Study Method (USM).

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- Master the Human Organiser system: a mental system for instantly recording your schedule and appointments, contacts, ideas, speeches, shopping list, to-do list, and notes.
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