

TABLE OF CONTENTS

CHAPTER	PAGE
1 READ THE DIRECTIONS	5
2 STUDY <i>SMARTER</i> & FASTER	15
3 SWITCH ON ATTITUDE POWER	33
4 CUT THROUGH DISTRACTION STATIC	47
5 CHARGE YOUR MEMORY BATTERY	74
6 FLIP THE SWITCH FOR HIGH- POWERED HABITS	112
7 PLUG IN HYPER-SPEED STUDY SKILLS	140
8 TURN ON THE MUSIC	171
INDEX	188