



## Use Your Head

*Tony Buzan*

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## Use Your Head Tony Buzan

Are you worried that you're not achieving your full potential? A few years after this classic book on how to improve your brainpower was first published, a fairly average student announced that he intended to try for a place at Cambridge University. His chances were assessed as slim', since his grades were usually unexceptional. But with the help of Use Your Head, he went on to achieve four As at A-level, two starred firsts at Cambridge and a top job with a multi-national company. Since 1974, Use Your Head has been translated into over 27 languages, has been published in five continents and 100 countries, has sold well over a million copies and still the demand increases! Use Your Head will: \*Teach you the vital skills of Learning How to Think and Learn. \*Increase your creative thinking and problem-solving capacity \*Enable you to make the best of your brain \*Provide you with both the confidence and the means to fulfil your own mental potential

## Use Your Head Details

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Author : Tony Buzan

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Genre : Self Help, Psychology, Nonfiction, Reference, Personal Development, Education, Business, Management, Neuroscience, Brain, Inspirational

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## From Reader Review Use Your Head for online ebook

**anaZAAAAAAD says**

**Veronica says**

I wouldn't normally have chosen this type of book to read, but it was recommended to me by a work colleague, who thought it might help me with my studies. I found this book really interesting - giving advice on better ways to use your memory and recall skills.

**Trevor says**

I did really like this book, I really liked all of his books. To be honest, and this is quite amusing now that I think about it, I can't remember what was in this book - but I'm going to guess. In a way this is my review of all of Buzan's books - at one time or another I've read them all and they are fun.

Positives: The main thing to learn from Buzan is mind-mapping. Look, I don't care if this doesn't really work or does really work or whatever else it may or may not do. I find that as soon as I turn a page to landscape and start drawing up a mindmap my brain works quite differently and this has to be a good thing. Also it helps me remember stuff. I ought to do these much more regularly, and will now I've reminded myself, but they really are wonderful things and should be taught to everyone - not just people who are 'visual' but everyone.

Negatives: Buzan has this wonderful way of helping you memorise a list of ten items in order - in one of his other books he teaches you to memorise hundreds of items in order. This is all well and good, but after learning this remarkably simple method, I realised just how rarely one is called on to memorise lists of items in order. You know, count on one hand over a decade! But his explanation of the Roman Room is wonderful and it is good to know these things exist and that you could use them - even if you don't.

It does suffer from the self-help book "this book will change your life" problem a little, but much better than your standard self-help book.

**Kristine Berzina says**

This indeed is an owners manual on how to operate our own Super Bio computer. I devoured this book in record time, and can not wait to read everything else Tony has written. Improve your brain processing, cognition, memory, focus, recall using simple, yet effective techniques like mind mapping, described in this book. Every student should incorporate these methods in their learning process. Utilize both of your brain hemispheres, let your mind work as a whole for a change:)

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### **Fahima Jaffar says**

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### **Alexander Ledovskiy says**

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### **Nawar says**

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### **Ahmed El-dressi says**

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### **?Ali Al-ahmad says**

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**Mai says**

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## Ahmad Hafez says

I can say this is the best book of Buzan  
it is like a summary of all what he wrote about Studying skills & MindMaps

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## **Mohammed Almahfoudh says**

I read the Arabic edition of this book because it is the only edition available in my university library (KFUPM Main Library). This book is one of a series of books on mind, memory and related stuff. It covers the subject of brain and how it works in 11 chapters. It doesn't give intensive guidance on how to improve the use of brain. It just puts you on the right track. If you want more, read the rest of the book series.

El (book.monkey) says

this book wasn't by any means fantastic but was definitely interesting.

**Sarezh kamla says**

USE Your HEAD - yes the book exactly describe this title .

Very good - practical - easy Book .

TONY BUZAN try to tell You in this book that your barin much better than you think and he prove that :). things that would learn Here :

- 1- perfect Reading : occur following 7 steps
  - \* recognition
  - \* assimilation

\* intra integration

\* extra integration

\* retention

\* recall

\* communication

2- Eye aid movement : amaziinnnnng exercise :)

3- Recall - brain has highest capacity for recall from 10 min to half hour after learning time then it slow down after weeks nothing can be Recall if you have't Reviewed any .

and break during learning time give chance of better recalling after learning time . and breaks are useful as a relaxation points . they get rid of the muscular and mental tension which inevitably builds up during periods of concentration .

4- Review - Tony buzan has programmed pattern of Review very effective .

5- Noting and their way of associations and linking .

6 - Mind map for recall and creative thinking - learn how to make review and write note as Mind Map .

Finally very nice book i Liked their ideas and the way he expalin and sure i will Follow Tony BuZAN FROM OTHER Books .

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