



# Hirn in Hochform: Erfolgreich durch mentale Fitness (German Edition)

*Markus Hofmann*

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Können Sie sich Namen und Gesichter auf Anhieb merken? Wollen Sie sich Ihren einstündigen Vortrag in nur fünf Minuten einprägen? Was vielen wie Zauberei erscheint, ist für den bekannten Gedächtnistrainer Markus Hofmann leicht erklärbar und mit den richtigen Methoden für jedermann erlernbar. Anschaulich beschreibt er die Funktionsweise des menschlichen Gehirns und verknüpft die Erkenntnisse der Forschung gekonnt mit einem praktischen Übungsteil.

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