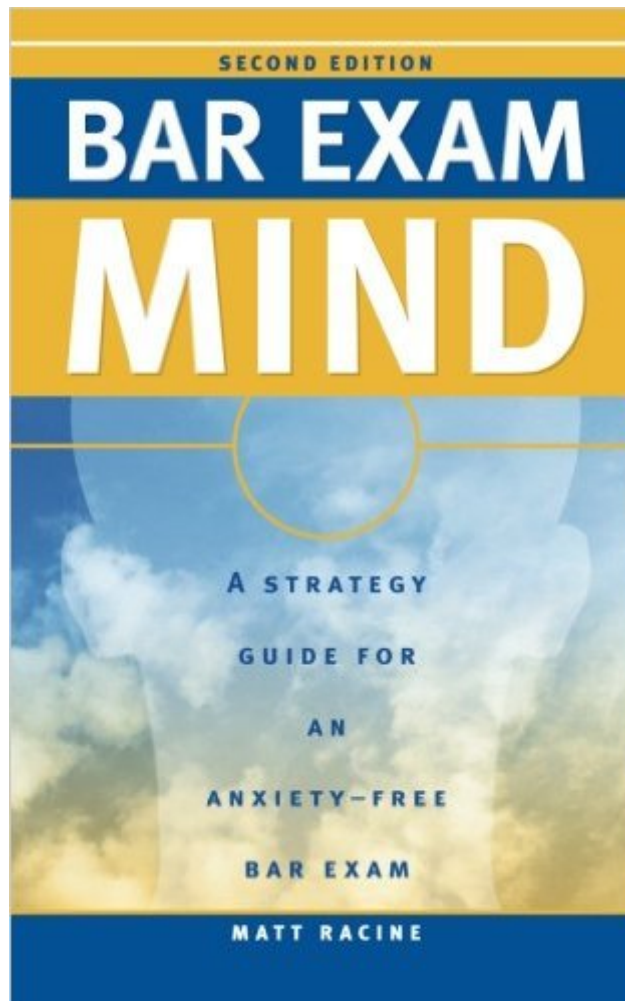


The book was found

Bar Exam Mind: A Strategy Guide For An Anxiety-Free Bar Exam



Synopsis

A MUST READ for anyone taking the bar exam. The bar exam is a difficult test that can provoke stress, anxiety and even fear in those preparing for it. Bar Exam Mind gives you proven strategies to help alleviate these problems and focus on what matters now: Learning the law and passing the bar exam. Bar Exam Mind shows you how to get your mindset right for the bar exam and get the mental edge you need to remain calm and focused while you study for and take the exam. Among other things, you will learn: visualization techniques to remove bar exam fears the best way to practice for the bar exam strategies to improve test-taking performance how to use bar exam affirmations to increase self-confidence what to eat to keep your mind and brain healthy and in peak condition for the bar exam and much more! Use Bar Exam Mind as a supplement to all substantive bar preparation courses. You can either follow the 21-day learning program included with the book or choose to implement only the techniques you believe will be most beneficial to you. After reading this book, you will be well on your way to a successful and stress-free bar exam. ***** Get more bar exam advice at BarExamMind.com.

Book Information

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Customer Reviews

Nice companion book with Bar Exam. This includes 4 of the journal topics mentioned in Bar Exam Journal, but it goes into greater detail about other things like affirmations and some other performance psychology concepts.

As someone with some understanding of psychology and the mind, this seems pretty hokey and like bull doody written by people who don't know what they are talking about. Spend time studying, not reading this.

Great to use with Bar Exam Mind.

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