



Sign up for The Capacity Builder

(also at www.UltimateBrainBook.com) to make sure that you receive weekly chapter reminders, and notices of free Ultimate Brain Book updates, and free and discounted learning resources.

The Capacity Builder also makes it easy to share The Ultimate Brain Book with friends, family and colleagues.

If you have any questions, feedback or suggestions ...

Please contact us via

<http://Blog.UltimateBrainBook.com>

Try It Out

If you're familiar with both mind mapping and .pdf files, open **TheUltimateBrainBook.pdf**, click on one of the 35 hyperlinked topic/chapter branches, and you're on your way.

Mind Mapping and .pdf Files

The Ultimate Brain Book mind map is provided in Portable Document Format (hence .pdf), to be portable across computer platforms – thus providing PC and Mac compatibility.

You will need a .pdf reader to be able to open and use the **TheUltimateBrainBook.pdf** file. If required, a free .pdf reader is available at **<http://get.adobe.com/reader>**.

If you are not yet familiar with mind mapping, you may find this layout confusing because your brain has not yet learned to think in this format.

Learning to mind map is like learning another language, but in much less time. Mind mapping puts more of your brain's natural capacity to learn faster and better to work for you.

To learn more about mind mapping, click on the link to watch **How to Mind Map With Tony Buzan**. As with some of the other very worthwhile online learning materials, there may be a brief commercial message before the video.

www.UltimateBrainBook.com