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Learning; LEARNING DURING SLEEP; Other Types of Learning Without Awareness; Types of Knowledge; Measurement of Memory ""Strength"" Remembering With and Without AwarenessPotential Applications of Learning During Sleep; Applications of Learning During Verified Sleep; Applications of Disrupted-Sleep Learning; Direction and Design of Future Research; Research on Stimulus-Driven Learning During EEG-Verified Sleep; Research on Sleep-Disrupted Learning; Sources of Information; ACCELERATED LEARNING; Packaged Programs for Accelerated Learning; The SALT Classroom; The Evidence; Assumed Theoretical Support; Support for Traditional Instructional Components; Generation and Elaboration; Spacing of Repetitions; Imagery Songs and Rhythm as Mnemonic DevicesCooperative Learning; Advanced Organizers; Tests as Motivational Devices and Learning Events; Review of the SALT Learning Literature; Testimonial Evidence; Confounding Factors; Weak Designs and Questionable Interpretations; Independent Evaluations; Direction and Design of Future Research; Sources of Information; 5 Improving Motor Skills; MENTAL PRACTICE; Previous Reviews; Theoretical Explanations for Mental Practice; SyberVision®; Conclusions; VISUAL CONCENTRATION; Cognitive-Behavioral Techniques; Visual Training Programs; The ProVision Training Program
Research Literature on Visual TrainingDirection and Design of Future Research; Conclusions; BIOFEEDBACK; Electromyography; Electroencephalography; Spontaneous EEG Activity; Event-Related Potentials; Slow Potentials; Heart Rate; Concurrent Task Performance; Economy of Effort in Static and Dynamic Exercise; Respiration; Thermal Self-Regulation; Multiple Autonomic Responses; Conclusions; SOURCES OF INFORMATION; 6 Altering Mental States; ALTERING MENTAL STATES FOR PEAK PERFORMANCE; BRAIN ASYMMETRY; The Nature of Hemispheric Differences; Information-Processing Capacity; Hemisphericity
Synchronizing Hemispheric Activity
