



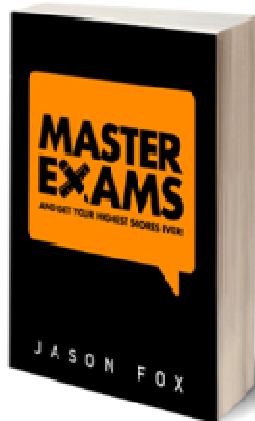
about

There aren't many people who have lectured at two universities, submitted a PhD thesis & authored a book by the age of 25. Jason Fox has. And what's more, he isn't super-intelligent. Rather, Jason is simply kinda clever, and has developed an expertise in efficacy and goal getting.

Jason helps organisations and individuals fill the gap between goal setting and goal getting. After years of research and practice, Jason has refined the science of positive and purposeful change down to a fine art. He is a recipient of a highly commended citizenship award, winner of WA Speaker Idol, and also one of only four people to ever be awarded the national Kerrie Nairn Scholarship* for professional speaking.



Many students focus purely on revising the *content* of their subjects in order to obtain satisfactory exams results. This book will enhance this process by empowering you with a *methodology* to ensure you enter every exam with absolute confidence and clarity, and obtain fantastic results.



In this down-to-earth and highly readable book, you will discover how to:

- Reverse self-sabotage and get unstuck with your revision
- Generate your own motivation to study
- Save heaps of time with smarter study strategies
- Optimise your brain power with good nutrition
- Manage stress before and within every exam
- Avoid memory-blocks and maximise your recall within each exam
- Actually enjoy exams!

Learn more about Jason Fox on his website:

www.drjasonfox.com

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