



## Test Success!: How to Be Calm, Confident and Focused on Any Test

By Ben Bernstein

Spark Avenue, United States, 2012. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book. A comprehensive training guide on how to improve test scores, these lessons avoid memorization and answering strategies and instead address the test-taker individually to determine what he or she needs personally to perform well at test time. Based on 40 years of teaching experience and 30 years of clinical psychology experience, this book distills the best practices used by elite athletes, artists, and top business performers to create a system that can be applied to any test, including the SAT, ACT, LSAT, MCAT, GRE, licensing exams, finals, and even driving tests. The system trains users to be calm, confident, and focused: the durable and dependable three legged stool for successful performance. Also included are special chapters for parents and teachers to learn how to be helpful to their children and students as well as online access to additional test prep material for further study.



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