

**The Superbrain Quest**

*Activate your brain’s unlimited potentials, learn everything faster,**acquire a bulletproof memory, unshakeable focus, and superhuman productivity.*

******

[***www.millenniumprimesolutions.com/the-superbrain-quest/***](http://millenniumprimesolutions.com/the-superbrain-quest/)

**Contents**

[**The Superbrain Quest** 5](#_Toc21372258)

[**Is your Brain ready for the Next Phase of Human Evolution?** 5](#_Toc21372259)

[**Your Motivation for this Quest** 5](#_Toc21372260)

[**The Skills** 6](#_Toc21372261)

[**More Reasons for this Quest** 8](#_Toc21372262)

[**The Superbrain Quest- The Modules** 10](#_Toc21372263)

[**DAY 1: Preliminaries** 10](#_Toc21372264)

[1. Introducing you to Your Own Superbrain 10](#_Toc21372265)

[2. The Quest 10](#_Toc21372266)

[3. Preparing for the Quest 10](#_Toc21372267)

[4. The Fast Method of Learning Everything 10](#_Toc21372268)

[5. How to take note 10](#_Toc21372269)

[**DAY 2: Fundamentals** 10](#_Toc21372270)

[6. M.O.M. Can Help You Remember 11](#_Toc21372271)

[7. The Sun Is Up 11](#_Toc21372272)

[8. The 10 Keys To Unlocking Your Superbrain 11](#_Toc21372273)

[9. Spaced Repetition Concept 11](#_Toc21372274)

[**DAY 3: Lifestyle** 11](#_Toc21372275)

[10. Nutrition & Your Body Folders 11](#_Toc21372276)

[11. Environments & Killing ANTs 12](#_Toc21372277)

[12. Sleep & Stress Management 12](#_Toc21372278)

[13. Morning Habits Geniuses Use to Jump Start The Brain 12](#_Toc21372279)

[14. Implementation 12](#_Toc21372280)

[**DAY 4: Remembering Long List** 12](#_Toc21372281)

[15. Chain Linking - Part 1 12](#_Toc21372282)

[16. Chain Linking - Part 2 13](#_Toc21372283)

[17. The Peg Memory Method 13](#_Toc21372284)

[18. Focus 13](#_Toc21372285)

[19. Juggling 13](#_Toc21372286)

[**DAY 5:** **Remembering Names** 13](#_Toc21372287)

[20. BE SUAVE Remembering Names 13](#_Toc21372288)

[21. Memory Is As Easy As PIE 14](#_Toc21372289)

[22. The FDR Technique 14](#_Toc21372290)

[23. Fixing Mental Fatigue 14](#_Toc21372291)

[24. Superbrain Yoga 14](#_Toc21372292)

[**DAY 6:** **Learning New Languages and Vocabulary** 14](#_Toc21372293)

[25. The Ultimate TIP To Remembering Anything 15](#_Toc21372294)

[26. Keyword Substitution Method 15](#_Toc21372295)

[27. Spelling Hack 15](#_Toc21372296)

[28. Learning Foreign Languages 15](#_Toc21372297)

[29. Counting To 10 In Japanese 15](#_Toc21372298)

[30. Doing something you are bad at 15](#_Toc21372299)

[**DAY 7: Memorizing Speeches & Texts** 15](#_Toc21372300)

[31. How To Give A Speech Without Notes 16](#_Toc21372301)

[32. The Location Method 16](#_Toc21372302)

[33. Memorize Word For Word 16](#_Toc21372303)

[34. Superbrain Crossovers 16](#_Toc21372304)

[35. 5 Leisure Activities that are great for your Brain 16](#_Toc21372305)

[**DAY 8: Numbers** 16](#_Toc21372306)

[36. The Basics 17](#_Toc21372307)

[37. The Ancient Alphanumeric Code Of Memory Part 1 - The Sounds 17](#_Toc21372308)

[38. The Ancient Alphanumeric Code Of Memory Part 2 – Application 17](#_Toc21372309)

[39. Phonetic Number Code 17](#_Toc21372310)

[**DAY 9: Lifestyle Integration** 17](#_Toc21372311)

[40. The 5 Levels Of Transformation 17](#_Toc21372312)

[41. The 5 Levels Of Learning 17](#_Toc21372313)

[42. Overcoming Procrastination 17](#_Toc21372314)

[43. Your 8 Cs To Muscle Memory 18](#_Toc21372315)

[44. Speed Reading 18](#_Toc21372316)

[45. Quiz and Certification 18](#_Toc21372317)

[**The Superbrain Quest Timetable** 19](#_Toc21372318)

[**MY SUPERBRAIN JOURNEY** 20](#_Toc21372319)

[**Announcing the Superbrain Quest** 21](#_Toc21372320)

[**Older Generation are at more risk:** 22](#_Toc21372321)

[**Feedback** 23](#_Toc21372322)

[**When and where** 24](#_Toc21372323)

[**How to Apply** 25](#_Toc21372324)

[**Fees and Payment** 25](#_Toc21372325)

[**Contacts** 25](#_Toc21372326)

# **The Superbrain Quest**

The Superbrain Quest is a fast learning course aimed to activate your brain’s unlimited potentials, and enable you to learn everything faster, remember more and forget less.

Within 9 days, you will join the Superbrain Coach Ahmed Adamu, PhD for the daily 3-4 hours learning adventure that leads you to acquiring a “bulletproof memory, unshakeable focus, and superhuman productivity.” In this course, you will be able to get rid of your unconscious inner limitations that hold you back by undergoing some life-changing elevation experiences.

# **Is your Brain ready for the Next Phase of Human Evolution?**

We live in an era of ever-increasing flow of information; information is everywhere, there has never been a time when information and its access is at this level of abundance and accessibility. We now have access to smart phones, computers, internet, apps, social media, books, courses, and media, and these represent the increasing expectations on us to catch up with the breakneck speeding growth of information.

However, the biggest challenge is that we have not been taught how to learn faster in order to catch up. Schools only taught us what to learn, but did not teach us how to learn (for most of us). As a result, we accidentally limited our brain’s powers, and set our own learning limitations by ourselves, and this makes us live far below our potentials and expectations.

How you absorb, process, store, retrieve and apply information will completely transform in this 9 days Quest.

Now you are about to arrive at the future of your brain. Are you ready!

# **Your Motivation for this Quest**

If you have any of the following motivations, this Quest is for you.

* + To unlock your superbrain and learn everything faster.
  + To read, learn, retain, and remember faster, and improve your mental intelligence.
  + To learn new or foreign languages faster and better, so that you can learn any new language in six months.
  + To improve your business by mastering memory of names, facts, conversations, meetings, figures, vocabulary, etc.
  + You want to remember people’s names (no matter how many they are and how long it took without seeing them) to boost your influence, impact and income.
  + To improve the speed of your reading and comprehension, so that you can read 12 or more books in a year.
  + To be able to give a speech without notes, or give a TV or Radio presentations without notes.
  + To learn how to memorize word to word efficiently with ease in half the time.
  + You are getting old and scared of Alzheimer's, amnesia or dementia, and you want to avoid or fix that.
  + You want to minimize forgetfulness and remember more.
  + Maybe you are a student, and want to learn faster and better, and boost your score.
  + Or you are thinking of dropping out from school or you have dropped already, or you think you are not good for a course, now you want to cope and improve on that.
  + You want to build your Confidence and Productivity, and achieve faster.
  + You want to fix your memory lapses and get rid of mental fatigue.
  + You know someone with a broken brain or learning difficulty (or maybe you are the one).
  + For fixing Autism Spectrum Disorder (ASD).
  + To fix your depression, lack of confidence and low self-esteem especially in learning.
  + You have too much to learn in short time and you want to catch up.
  + To be able to focus more, avoid procrastination and improve your attention.
  + For self-realization and stretching your brain potentials.
  + You are a father or a child that wants to help your family on memory.
  + To inspire others.

# **The Skills**

For attending this Quest, you will be able to develop or improve on the following skills:

1. Ability to memorize texts, long list of items or words with ease and within very short time, and retrievable for long period of time. You will also be able to give a speech without notes.
2. Ability to master numbers, this enables you to memorize long list of numbers within less than a minute. This is a great mental toughness and exercise, considering that numbers are abstract, which is good for boosting your mental intelligence.
3. Ability to remember people's names. You will learn some strategies on how to remember names of people, no matter how many of them, and be able to recall their names even after taking long without meeting them.
4. Ability to learn foreign languages faster and better, you can immediately start applying these new strategies and techniques on a new language and be able to master it in six months with proficiency.
5. Ability to read faster, with high speed and comprehension, which will enable you to read at least a book in a month i.e. 12 books in a year.
6. It will educate or remind you on some basic lifestyles that are brain friendly, which include Nutrition, managing your internal and external environment, managing your sleep and stress, and adopting a life routine that boost your brain.
7. The training will enable you to adopt some lifestyle that can boost your brain, clear your mental fog, and fix your forgetfulness.
8. You will also learn some exercises that creates neurogenesis and neuroplasticity in your brain.
9. Ability to learn everything faster, improve your focus, remember more, and avoid procrastination.
10. Ability to unlock your superbrain, so that you can have quicker, sharper and more empowering thoughts that will propel you into action, change your outcomes and your environment.
11. It will enable you to learn many learning and memorization strategies that will improve your learning speed and achieve excellence.
12. You will learn how to master any kind of transformation and learning goals in your life, which will enhance your income, impact and influence.

# **More Reasons for this Quest**

1. To transform any organization, team, or country, the individuals must transform first, and the best form of transformation is the brain transformation, because, we are functions of our brains. Everything must first pass through the level of brain creation before it becomes into reality, be it a character, behavior, skill or knowledge. The greater the brain toughness and it's fitness, the greater the people’s performance and the better the outcome. The most powerful organ in the human body is the brain, and individuals become more and do more by boosting and tapping into this superhuman power, i.e. the brain. If the brain is not fit to contain the various life experiences and exposure, such cannot transform into benefits. The Superbrain Quest is here to enable you tap into the exceptional powers of the most powerful organ in your body.
2. Transforming the brain requires adjustment in every part of our lives. So how about being brain conscious in every aspect of our lives so that we can use our brains to our advantage?
3. How about learning the mother of all memory techniques? How about learning various memory strategies that you can immediately apply and see the result? How about improving your mental intelligence in a fast, fun and fulling manner? **It is not about how smart you are, but how are you smart**.
4. In the Superbrain Quest, every day, we are going to talk about a new lesson and specific strategy, a mechanical skill, which you could be able to do to accelerate your learning and boost your memory. And you can go home and immediately practice it.
5. Bill Gates biggest fear is His Brain to stop working, what about you? Do you fear that your brain might stop working or it might work below its potential? Look at how great people value their brain, because they know they are the function of their brains, and their worst fear is for their brain to stop working. Some people’s brain has already stopped working, some it is working far below its potential, and they don’t even know how that affects their lives and success. The good news is that you can always enhance your brain, and keep it up there so that it won't stop working. The Superbrain Quest is here to help achieve that.
6. Learning is a skill, but most of us have not been in a class to learn how to learn, we still learn the same way were learning since we were young, when we were learning either because of fear or competition. We set limitation to our own learning abilities, not knowing we can push beyond those limitations. In the Superbrain Quest, you will learn better and quicker way of learning everything.
7. Our system of learning is not brain-friendly. The educational system seems to be unaware of the brain manual, and that’s why there is no effective learning most times, and students find it hard, boring and discouraging to learn or go to school. If learning is not fun, then it is not done in a brain-friendly manner, and if the emotion is zero, there will not be a memory. Most people forget what they learned from school, because it was boring, and that’s why they can’t even apply it. The Superbrain Quest will equip students to understand their brains and to learn how to use it to their advantage so that they can learn quicker, better and with fun. When it comes to learning, it is all about the brain, and the superbrain quest is designed to boost that most important learning vehicle so that students can boost their intelligence, focus, energy, motivation, and memory. No matter the learning difficulty of a student, the superbrain quest will fix all kinds of learning challenges. People that participated in the Superbrain Quest said that, if they had learned these brain skills earlier, they would have learned everything with ease and fun, and they would have graduated with first class. It is not late for the current students to learn these skills. And any parent or school that expose its students to these brain and learning skills, their students will standout and outperform other students. Of course, this will add value to the school, which in turn increases its revenue. If students can learn these important learning skills, their lives and accomplishment will be exceptional, because they will learn everything better and quicker than everyone in every aspect of their lives.
8. We grossly underestimate and under-utilize the powers of our brain, and if we can harness these potentials, we will be amazed by how much we can achieve in life. Join the Superbrain Quest to maximize your brain potentials

# **The Superbrain Quest- The Modules**

# **DAY 1: Preliminaries**

## Introducing you to Your Own Superbrain

Understanding the powers and potentials of your brain, and how you relate with your brain. Introducing you to the superpower skill in 21st century. Recognizing the big gap that schools failed to fill, which you will be able to fill at the end of the Quest. Understanding the components of intelligence, and identifying the ones you are in control of. Then taping into your motivation in your Quest for learning faster.

## The Quest

In this, you will learn more about what to expect, and some few fundamental rules of success that can be useful to get the best of this quest. At this stage, you will be told about a simple rule in order to get the results you desire. You are going to get the best principles, routines, tools, tactics, and exercises to do every day.

## Preparing for the Quest

At this stage, you’re probably wondering “*How will this all work?*” or “*How can I get the most out of this?*” In this session, I’m going to talk about the four main pillars that this quest is built on and what they mean to you. In this session, we’ll make the second important commitment for your journey to a *Superbrain*.

## The Fast Method of Learning Everything

The four secrets to learning any subject or skill faster, this could be marketing, your memory, etc. How do you learn a skill in half the time? This session will get you excited. Who doesn’t want to learn faster? I know you do, and let me assure you that there is a FAST method to learning any subject quicker. I'll give you a hint. The secret is in the name itself.

## How to take note

Not many people know that within 48 hours of learning something new, 80% of it can be gone. So, before we start the Quest, I would want to give you a couple of quick tips that will help boost your retention. I’ll be primarily focusing on creativity and note taking.

# **DAY 2: Fundamentals**

Begin to learn new pathways of learning. Plus an understanding of what memory really is. Highlights include:

* You will understand pivotal concepts such as MOM and SUN.
* 10 little-known factors that influence memory.
* Be able to learn long lists in rapid time and remember them forever.
* And so much more…

## M.O.M. Can Help You Remember

This is your starting point, and we are going to talk about one of the most important people in your life: M.O.M. This is a fundamental key to activate your super memory powers.

## The Sun Is Up

In this session, you’ll learn about***Basic Association*** and I’m going to teach you a very important element in this ***Quest*** - the ***Sun List***.

## The 10 Keys To Unlocking Your Superbrain

“*Can everybody improve their memory?*” The truth is that one-third of your memory is biology, but the good news is that two-thirds are completely under your control - and that is your lifestyle. So, in this session, I’m going to share with you the ***10 Keys*** to unlocking your ***Superbrain***.

## Spaced Repetition Concept

In this session, you will learn the best way to keep information longer in your brain. Know the best spacing intervals that is suitable for keeping information longer in your brain, so that you don’t have to keep repeating what is already there, saving you time and the stress. In this session, you will learn this proven learning technique that improves learning. Remember, nobody can toil endlessly; there’s a tipping point for everyone’s brain.

# **DAY 3: Lifestyle**

You’ll learn powerful techniques that set you apart as a memory expert. You’ll notice changes in the way you work and interact with others.

Highlights include:

* Discover the physiological elements of memory including food, movement, and sleep.
* You have your first educational kinesiology day. It defies everything you ever thought about learning.
* Remove negative thinking from your mind.
* The connection between sleep, stress, and memory.
* And that’s just the beginning...

## Nutrition & Your Body Folders

In this session, I’m going to share with you the top 10 brain foods, but here’s the catch - don’t write them down. I’m going to show you how you can remember them by using your Body Folders. It is very exciting (Remember that a positive state helps your memory). Let’s get started - Bon Appétit!

## Environments & Killing ANTs

Abracadabra - We’ll not pull a rabbit out of a hat, but we’ll do some mental magic. And don’t worry, you’ll not have to kill any ants (not literally at least). The thing is that your mind is always eavesdropping on your self-talk. To be prepared for every situation, you’ll learn the simple and effective ABRA Technique.

## Sleep & Stress Management

In this session, I want to go deep in an area that people neglect the most - *sleep*. You’ll learn the importance sleep has on your brain and I’ll share a 5-step framework that will help you improve and have a more restful sleep. You will also learn how to effectively manage your stress/

## Morning Habits Geniuses Use to Jump Start The Brain

If you want to play at the highest level every day, your morning routine is the one thing that makes or breaks everything. The first 60 minutes can either set you up for maximum productivity and bring you closer to your long-term and short-term goals or cause you to lose another day to distractions and mental fog. You will learn some of the effective way to start your day for your brain.

## Implementation

Session to remind you that repetition and implementation are very important for effective learning. The session put you on a track to answer these questions as a motivation to implement what you have learnt so far, because practice makes progress. Create time to revisit what you have learned, ask specific questions and do your homeworks.

* 1. Did you start implementing the small changes in your ***Superbrain*** diet?
  2. Did you kill any ***ANT***s lately?
  3. How about practicing your ***Sun List*** or your ***Body Folders***?

# **DAY 4: Remembering Long List**

Long lists? Not a problem. This is where you discover – Yes you have a Super Memory.

Highlights include:

* Discover the single most powerful memory strategy known to man.
* You’ll learn a method called Chain Linking that makes it able for you to remember a lot of information rapidly.
* We’ll challenge many of the paradigms of learning and education today. You’ll wonder why the old systems are still being used. By this time people will be in awe of your super memory.
* And so much more…

## Chain Linking - Part 1

In this session, we’ll look at ***Remembering Lists*** and the first topic will be ***Chain Linking***. It’s quite an exciting lesson where I’m going to teach you the ***9 Fundamental Memory Principles***that you’ll need to remember anything. After that, you’ll also see how easy it will be to memorize a list of 10 genuinely random words.

## Chain Linking - Part 2

You’ll see it a lot clearer in this session. We’re going to build on the ***Chain Linking*** method we co-created in the previous session and use it to memorize technical (and let’s face it, often boring) information.

## The Peg Memory Method

Until now we’ve used ***Basic Association*** and ***Chain Linking.*** But what if you need to know the specific number of an item directly? *What do you do? How do you memorize things that are out of order so that you can easily access them whenever you want?* As you’ll see in this lesson, nothing can be easier, especially because we’ve already laid a solid foundation. We’ll do a short recap of the ***Sun List*** we learned on ***Day 2*** and see how it can act as a ***Peg Method*** that helps with our memory.

## Focus

The Hidden Driver of Excellence. In the era of unstoppable distractions, you must learn to sharpen focus if you are to contend with, let alone thrive in, a complex world. You will learn some key parts-inner, other and outer focus, and how achieve Focus.

## Juggling

I will teach you what you will do every single day to boost your memory, and it has to do with muscle memory and muscle movements. Because, as your body moves, your brain grooves.

# **DAY 5:** **Remembering Names**

Those days are over! Ever forget a name? Never again. You’ll remember everyone’s names – Forever.

Highlights include:

* BE SUAVE: How to remember names (forever).
* The FDR technique.
* Your Memory is As Easy As PIE.
* Reinforce your memory by putting the techniques IN your body.
* And so much more…

## BE SUAVE Remembering Names

People don’t care how much you know until they know how much you care. I want to anchor this subject down because I believe the one skill to master nowadays in business and networking is the ability to remember people’s names. It is impossible to show that you care about somebody if you don’t care enough just to remember their name.

As we start this day with ***Remembering Names***, you’ll learn one of the great techniques for remembering a person’s name. And it all starts by looking in the mirror and saying to yourself: *I’m going* ***BE SUAVE****!*

## Memory Is As Easy As PIE

In the previous session, we talked about a framework for remembering names and faces. In this lesson, I want to go deeper into one aspect of that training. Do you remember what the V in BE SUAVE stands for? Of course you do, because your memory is super. The bottom line is that we tend to remember what we see so we should try seeing what we want to remember. Making pictures helps us to remember things better because we think in pictures. In this session, we’re going to meet some new friends and invite them to share a piece of PIE with us. Let’s get started!

## The FDR Technique

Ladies and gentlemen ***Superbrains***, please rise for the 32nd President of the United States! In this session, I’m going to teach you a secret strategy that is used by Franklin Delano Roosevelt, aka ***FDR***, to memorize the names and faces of every single person that he met. It’s an incredibly easy method! We’ll have several techniques at this point, so I want to remind you that you don’t have to do all of them, just pick the one that best suits your needs and preferences. Anything is better than forgetting a person’s name.

## Fixing Mental Fatigue

Do you often feel like the day have too few hours for all that you have to do? Do you constantly feel exhausted even when you have been sitting all day? Are you getting irritated and angry at the slightest provocation? These are all signs of mental fatigue, or your brain begging you to stop and take a break. You will get to know the symptoms, causes and how to overcome it.

## Superbrain Yoga

I'm going to share with you another brain power physical exercise, called ***Superbrain Yoga***, that I encourage you to do during your ***Brain Breaks***.

# **DAY 6:** **Learning New Languages and Vocabulary**

Highlights include:

* The Ultimate TIP To Learning Anything
* Yes, now that you could memorize a foreign language… let’s do it!
* The keyword substitution method -
* We’re turning Japanese - a fascinating day and new form of learning.
* And so much more…

## The Ultimate TIP To Remembering Anything

We’ll kick off this day with learning new Languages and Vocabulary with the ultimate TIP to remembering anything. I believe at this level of this Quest many of you are already familiar with this concept [T.I.P.] because we previously used it in other sessions. I want to go deeper in this because it can dramatically enhance and magnify the previous tools you learned, and by the end of this session, you’ll be using more Vowels with your memory techniques as well.

## Keyword Substitution Method

Your vocabulary is a reflexion on how you think, so expanding it increases your mind and opportunities. In this session, I’ll show you how easy it is to learn five to ten new words a day in just minutes with the Word Substitution Method. Here’s a helpful hint. Learning by rote memory is based on frequency and duration, but this takes time. A smarter way to do it is using a third approach which is intensity (which by the way, it’s something we will be applying throughout the Quest). So, you will learn a fun way to increase your vocabulary!

## Spelling Hack

In this session, I am going to give you a bonus, quick tip right now, and I want to work on your spelling and this can take few minutes. I am going to give you a brain hack to be a better speller.

## Learning Foreign Languages

In the previous session, we learned how to use Word Substitution to enhance your vocabulary. Before the end of this day, you will learn 5 to 10 new words with this method? Well, the method works great for your language, but how do you apply it to learn foreign languages? This session is all about exploring Word Substitution for this purpose, and I’m going to give you several examples from different languages so you can see how simple and universal this method is.

## Counting To 10 In Japanese

Konnichiwa Superbrain! We are going to be using Visual Auditory Kinaesthetic to learn 1-10 in Japanese, because when you overlap more of your senses, you use more of your neurosystem.

## Doing something you are bad at

In our productivity-obsessed culture, we are always trying to put our best foot forward. We hide our weaknesses and play up our strengths, meaning we keep doing things we are already good at and do not give time to things that we are not so good at – where we might fail. **The thing is, this might not be the best for your brain.**

# **DAY 7: Memorizing Speeches & Texts**

Highlights include:

* A simple 3 step process to memorize all the key points.
* The location method.
* How to memorize speeches word for word – you’ll be stunned by how easy it is.
* And so much more…

## How To Give A Speech Without Notes

In this session, you will see even more progress. We'll see in just a few short lessons how you can tackle this inconvenience and always shine in a speech or presentation. So, in this session, I'm going to teach you how to remember the main points of anything you want to deliver and give a speech without notes.

## The Location Method

By the end of the session, you’ll have a step-by-step breakdown of this method which is very easy to use. It relies on memorized spatial relationships to encode, store, and retrieve content from your memory folders.

## Memorize Word For Word

If you don't give your brain the stimulus it needs, it will seek entertainment elsewhere in the form of distractions. So, let’s continue to stimulate your mind. Whereas in the ***Location Method***we learned how to memorize the key points to a speech, in this lesson you’ll learn the secret to be able to memorize that speech word for word.

## Superbrain Crossovers

Remember that as your body moves your brain grooves. So in this day, I will give you another great exercise that you can do every single day during your Brain Breaks to enhance your body-mind connection, Crossovers.

## 5 Leisure Activities that are great for your Brain

What many of us don’t know is that what we do with our leisure time also has important consequences for our brain. Whatever you are doing in your leisure, your brain is still being engaged, although ideally, it’s not getting stressed out. Leisure and rest are important for your brain to function. Every mechanism has a point past which it can’t be pushed, and that includes our brains.

# **DAY 8: Numbers**

Highlights include:

* A Simple System for Remembering Numbers.
* The world’s oldest memory system for working numbers: The Sounds of Memory.
* Applying the ancient memory system to your life.
* And so much more...

## The Basics

Superbrain, numbers are everywhere in our world, and the chances are that not a day goes by without using them in one form or another. I know that for some people numbers can be scary and this is mainly based on two things. First, we were not taught how to remember numbers, and second, they are abstract. But I'll show you how easy it is to become a master with numbers.

## The Ancient Alphanumeric Code Of Memory Part 1 - The Sounds

This is the technique that many of the people in the Guinness World Book Of Records use to memorize huge numbers in just a few minutes. We’ll start with Part 1 - The Sounds in this session and complete the entire Ancient Alphanumeric Code in the next lesson.

## The Ancient Alphanumeric Code Of Memory Part 2 – Application

We'll do a quick review together, and then we'll jump right into the ***Application of the Alphanumeric Code*** and see many different examples of how this can help you in your day to day life.

## Phonetic Number Code

In this session, we're going to integrate physicality with a cool way of remembering the ***Numeric Code***. It involves your ***Body Folders***.

# **DAY 9: Lifestyle Integration**

Highlights include:

* Taking it outside the lines - an implementation day to integrate your learning.
* The five levels of transformation.
* Five Levels of learning (all of them will be new to you).
* And so much more...

## The 5 Levels Of Transformation

It is time to lock everything in. In this session, I’m going to share with you a framework by which you can view all the changes that are happening in your life or the ones that you want to continue making, and it is called ***The 5 Levels Of Transformation***.

## The 5 Levels Of Learning

I'm going to share the ***5 Levels Of Accelerated Learning*** and give you a quick review of all the things you have accomplished in this Quest. I'll do this by showing you how *Stephen Covey's 7 Habits of Highly Effective People* can also be applied to highly effective learners.

## Overcoming Procrastination

Follow these five fast, easy, and effective steps for beating procrastination - no matter how stubborn your own brain is. This session is not just about gently getting rid of procrastination, it’s about smashing it, just like The Incredible Hulk. So, I’m going to share five fast, easy, and effective tips for overcoming procrastination – no matter how stubborn your own brain might be.

## Your 8 Cs To Muscle Memory

In this session, you’re going to learn a simple 8-step framework for jumpstarting your muscle memory. The ***8 C’s To Muscle Memory*** will allow you to absorb information faster and accelerate your ability to get things done. There is no magic pill, but there is a magic process.

## Speed Reading

Learn tips and techniques that will instantly increase your reading speed by 25 to 50%. There are no bad readers, just those with bad reading habits. Reading is a skill just like any other, one that can be strengthened and sharpened over time. In this session, I'll talk about the five obstacles that get in your way of reading faster then I'll show you a few methods that will instantly increase your reading speed by 25 to 50%. Remember "Leaders are readers." The ability to read faster is a huge competitive advantage that can save you years of productivity while making life a whole lot easier.

## Quiz and Certification

In this final session, we will have a quick and fun quiz to see how much you can remember some of the things we covered in the Quest, try and get at least 70%. Certificates will be presented to all participants.

# **The Superbrain Quest Timetable**



# **MY SUPERBRAIN JOURNEY**

In the last couple of years, I have been engaged in intensive learning and teaching in personal development, and in more recent time I discovered a significant secret for personal development, and I committed myself into learning, reading and researching in the area of this secret. I have seen tremendous progress in my life as a result of learning and applying this secret. And I want to share this secret with you, that’s why I developed a programme called the Superbrain Quest.

I have discovered that, we are grossly undermining and underutilizing our brains, and we are products of our brains. Our reality and actions are first created in our brains, and if we can expand and increase the capacity of our brain, we will be able to change our reality, actions, outcome and our environment. Everything you see humans do, good or bad, are the creation of the brain. Every positivity and every limitation are in the brain. The secret is that you can change your brain, and you can activate the superbrain inside you.

I learned how to unlock my superbrain, and now I am able to learn everything faster, I can memorize long list of words and numbers instantly and without difficulty, and that stick in the long-term memory. I can learn a foreign or second language in just six months, I can now read a book in a month, and I can remember people’s names, no matter how many of them, my lifestyle has entirely changed, and everything I do, I evaluate it from brain perspective, among so many other skills. I have demonstrated some of these skills in some of my public lectures.

The thing is that, before I learned these skills, I never thought I could be able to do these things or improve to this level, but when I learned the skills and unlocked my superbrain, I was amazed by what I was physically and mentally capable of doing, and I wished I had learned these skills years back. But like the saying goes, the best time to plant a tree was 25 years ago, and the second-best time to plant it is today.

Some of you that attended my previous classes thought there is a magic involved, the truth is that there is no magic pill, there is only a magic process, and you too can learn it. And I want to help you learn these skills so that you can unlock your superbrain and learn everything faster.

My vision in life is to educate and invest in people in the area of personal development, and I have been doing that for quite some years now. Now, I realized the mother of all personal development skills, which is unlocking your superbrain, once you can do that, all other personal development skills fall in place.

Because like we have been saying, our problems can be solved by bridging the gap between what we do and what we are capable of doing, and that requires us to do more to bridge the gap, but our actions are created and limited within our brain capacity, and once we can expand the brain capacity, we will be able to create more and bigger thoughts and actions, and that bridges the gap. That’s what this Quest is about.

The gap between yourself and your dream is what is between the distance of your two ears, that is your brain. Once you build your brain, you build the bridge to your dream.

Some of you have already started seeing under my signature that I am a Brain Coach, yes, I have been certified as a brain coach, and I have been mentored by some of the world renowned brain experts, and I read and still reading quite a lot in the area of brain development, and I am really excited to share more of these knowledge with you. I assure you, no matter the limitation you put to your intelligence, that will change in few days. Because, **there is no good or bad memory**, there is only a trained and untrained memory. Every genius thing you see, there is a clue to it, how about learning all the clues in a fun way.

We live in an era of information overload, too much to read, too much to learn, too much to do, but our learning skills remain the same, which created this big gap between us and what we need to read, learn and do. The good news is that you can improve your brain and learning skills to bridge this gap, that’s one of the things that this quest will help you achieve.

Back in the ancient time when there was no devices, computers and google, most information are stored in the brain, but due to the modern civilization, we are far underutilizing and underestimating the capacity of our brains. In this Quest, you will learn how to really rely so much on your brain, remember more and forget less, and boost your mental toughness and intelligence, so that you can increase your impact, influence and income.

I have already trained a number of individuals in the previous sessions of the Superbrain Quest, and you can read about their feedback under “Feedback”

**Ahmed Adamu, PhD**

**The Superbrain Coach**

# **Announcing the Superbrain Quest**

We live in a knowledge economy, where how much you know is how much you earn, which makes knowledge not only a power, but a profit. So, the faster you can learn, the faster you can earn, and I am here with an incredible opportunity that will enable you to learn more, earn more and become more. I am launching a quest to help you learn everything faster by unlocking your superbrain. Ladies and gentlemen, I present to you the Superbrain Quest.

The Superbrain Quest is a fast learning course that aims to activate your brain’s unlimited potentials, and enable you to learn everything faster, remember more and forget less. You might want to read, learn, retain, and remember faster and improve your mental intelligence or maybe you want to learn new or foreign languages faster and better, so that you can get that job, expand your business, build that relationship, or achieve your personal goal.

Or you might need to learn the most important business and networking skill, which is mastering people’s names, because People don’t care how much you know until they know how much you care. Or you want to improve your reading and comprehension speed, so that you can read at least 12 or more books in a year. Or you want to be able to give a speech or presentation without notes.  Or You want to learn how to memorize word to word efficiently with ease in half the time.

Or you are getting older and scared of Alzheimer's, amnesia or dementia, and you want to avoid or fix that. Or You want to minimize forgetfulness and remember more. or You want to fix your memory lapses and get rid of mental fatigue. Or maybe you are a student, and want to learn faster and better and boost your score. Or you want to build your Confidence and Productiveness and achieve more.

Or you know someone with a broken brain or learning difficulty (or maybe you are the one). Or you want to fix your depression and low self-esteem especially in learning. You might be that person with too much to learn in short time and you want to catch up. Or you want to be able to focus, avoid procrastination and improve your attention. Or you want to achieve that self-realization and stretch your brain potentials. Or You are a father or a child that wants to help your family on memory and you want to inspire others.

If you are anyone of these, then The Superbrain Quest is here for you. It will help you achieve all these and many more.  Within 9 days, you will join the Superbrain Coach, Ahmed Adamu PhD, for the daily 3-4 hours learning adventure that leads you to acquiring a “bulletproof memory, unshakeable focus, and superhuman productivity.” In this course, you will be able to get rid of your unconscious inner limitations that hold you back by undergoing some life-changing elevation experiences.

I have lined up 45 courses for you that will entirely transform your life and give you the feeling that you are starting life afresh. The Quest will make you conscious of your lifestyle, as you will realize the implication of your lifestyle on the most incredible superpower available to you, which is your brain. The most interesting thing is all these will be delivered in a fun way and in brain bites. And you will meet new empowering community of superbrains.

The most competitive skill in 21st century is learning faster, because you will learn everything in half the time. Memory and learning are skills, it must be learned. This quest will help you achieve this, so that you can outsmart and outthink the person next to you. Back in school, we were only given what to learn, no one taught us how to learn, how to listen, how to focus, how to concentrate, how to think for yourself, how to be creative, how to read faster, how to remember things. We accidently put our own limitation to these life skills by ourselves, how about pushing beyond those subconscious boundaries?.

This Quest will transform your life like magic, because it targets the central organ that governs your thoughts, your actions, and your creations. Everything you are doing starts in the brain, the brain is the starting point of every human reality you see. How about boosting that incredible power bestowed on you? Join the superbrain quest for an incredible life transformation, and you will wish you had learned these knowledge and skills 20 years or 30 years ago.

Remember, the difference that makes the difference is Action, so apply now.

# **Older Generation are at more risk:**

* Older Generation are at more risk of loosing their brain powers- Superbrain Quest is here to boost their brain powers.
* Bill Gates’s worst fear is his brain to stop working. Bill Gates realized the power of his brain, and he has been relying on it to thrive through all the complexities. As successful as he is, and as old as he is, he is even more worried about his brain.
* Here is the thing, as you grow older, you risk loosing the power of your brain more, but the good news is that you can avoid loosing that power and you can strengthen your brain.
* As you grow older, your neuronal networks that connect the different parts of your brain get weakened, making you to have low cognitive functions, weaker thought and memory, and you become less **insulated** against brain-degenerative diseases like Dementia and Alzheimer’s Disease.
* Just like Bill Gates is worried and concerned about his brain at old age, you too you should be worried and concerned about your brain, and that’s why The Superbrain Quest is here for you to help you manage and upgrade the power of your brain especially at old age when you seriously need your brain to consolidate your life experiences and successes for more meaningful legacies.
* Throughout your life, you have been using this single and most important organ in your body, which is your brain, it must get some wear and tear, you should get to know how to treat and boost it.
* Most of us don’t realize that the brain is not user friendly, and it doesn’t come with a user manual, but now you can have one in this extra ordinary superbrain quest. You are not too old to give up on your brain, you can improve your mental acuity, focus and intelligence even at old age
* That’s why we also look forward to having more of the older generation in this Quest. Always, the active and working generation get the best of opportunities, but the older generation should not be left behind. Some people might think they are close to the old age, and have already started giving up on the powers on their brain, I can tell you now, don’t give up yet. Try the superbrain Quest.
* No knowledge is exclusive to a particular generation, everyone is at a risk of loosing the power of their brains. Older generation are at even higher risk, they need their brains more than the young generation do. At the moment, you might not have totally lost your brain power, but it might be performing far below its potential powers. Trust me, you can boost its performance without a pill.
* While the human brain loves habits, but brain thrives and grows only under challenging circumstances, and the Superbrain Quest provides such opportunity for you.
* Bill gates thrives on complexity too, he does that to challenge his brain, so that he wont loose it.
* The health of the brain becomes critical at old age, your duty is to keep your brain healthy
* As we age, our neurons naturally degenerate, but the ‘stronger’ neurons tend to hold on much longer than the weaker ones.
* Remember, There is no magic pill. Only a magic process. Get on board on the Superbrain Quest, for your brain transformation.

# **Feedback**

 The followings are testimonies from the participants of the Superbrain Quest, narrating their experiences and feelings after undergoing the Quest.

1. “This training has truly transformed my life”.
2. “With these skills and lessons, I learnt in the Superbrain Quest, I am now willing to reset and start afresh”.
3. “I have already started seeing tremendous progress in most aspects of my life, after undergoing the Superbrain Quest”.
4. “What I like about this training is that, everything you have learned today, you can go and practice it tomorrow and see the results immediately”.
5. “How I wished I learnt these skills and lessons years back”.
6. “There is nowhere you will be taught these skills and lessons in this manner”.
7. “This is the most immediately impacting learning process I have ever encountered”.
8. “The training was full of fun, it was fast and fulfilling. I like the engagement; it was co-creative”.
9. “I have learned how to master people’s names, and I have already started implementing it”.
10. “I have learned the tricks on how to learn new languages faster with ease”.
11. “This training has truly transformed my brain and memory, I can now learn and remember everything faster”.
12. “I now realized I have an amazing superpower between the distance of my two ears, which is my brain, and I can now use it to my advantage”.
13. “I have now understood that the brain is not user friendly, and in this Superbrain Quest, I got its user manual”.
14. “I have now become brain conscious in every part of my life, and everything I do now, I have to think and do it in brain friendly manner.”
15. “I have really learned how to control my emotions and feelings, and get rid of negative thoughts, and I can now optimize my brain power”.
16. “I have now realized how to master numbers, names, languages and I can give a speech without a note”.
17. “I can now feel that, Yes I have a Superbrain”.
18. “If I had known these memory manipulation techniques during my undergraduate studies, I would have hacked my brain, play a lot, and still graduate with first class”.
19. “How I wish this program did not end, The Superbrain Quest has already became part of me”.

# **When and where**

The first edition of the Quest took place between 14 and 22 September 2019 at Nile University of Nigeria, Abuja (Block C). The Quest runs for straight 9 days. The time for the Quest is 5pm to 9pm in weekends and 5:30pm to 9:30pm during the working days. The Quest took place at various places for different batches. Suitable venue could be discussed with interested participants for convenience.

# **How to Apply**

To apply and book for a place in the Superbrain Quest, contact us via our phone number or email address.

Note that this application is continuous, but in each edition, only the first 30 applicants to book a place will be admitted, the rest of the applicants will be queued for the subsequent editions (Dates for the subsequent editions will be announced immediately after completion of the current edition). So, it is advisable to book your place as soon as possible by paying the discounted booking fees.

**For Private coaching or sessions**, you can contact us via the following email address or phone number for more negotiations. A group or organization can also request for a special training session on this quest or other programmes.

The contact email address is: [ahmadadamu1@gmail.com](mailto:ahmadadamu1@gmail.com) or [admin@millenniumprimesolutions.com](mailto:admin@millenniumprimesolutions.com)

Phone Number: 08188949144.

# **Fees and Payment**

To be able to unlock your superbrain and attract more success and earnings in your life, you would need to participate in this Quest. The participation fee is categorized into two:

**1. General Session/Class:** The fee for this category is **N200,000** per participant.

**2. Private Session/Coaching or Organizations:**The fee for this category is subject to negotiations.

Once you apply for the Quest, an email will be sent to you with the payment process. Remember, the application is just an indication of interest, you can only book your place by making the payment, and then you will receive the admission. You can contact us if you need help or further information.

# **Contacts**

Email: [ahmadadamu1@gmail.com](mailto:ahmadadamu1@gmail.com) or [admin@millenniumprimesolutions.com](mailto:admin@millenniumprimesolutions.com)

Phone Number: +2348188949144