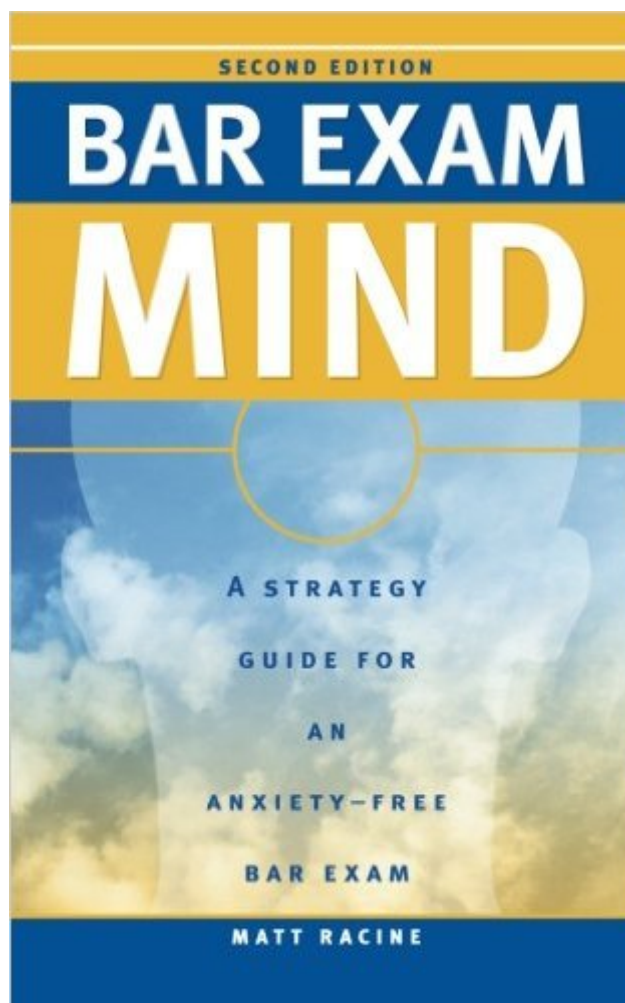


The book was found

# Bar Exam Mind: A Strategy Guide For An Anxiety-Free Bar Exam



## Synopsis

A MUST READ for anyone taking the bar exam. The bar exam is a difficult test that can provoke stress, anxiety and even fear in those preparing for it. Bar Exam Mind gives you proven strategies to help alleviate these problems and focus on what matters now: Learning the law and passing the bar exam. Bar Exam Mind shows you how to get your mindset right for the bar exam and get the mental edge you need to remain calm and focused while you study for and take the exam. Among other things, you will learn: visualization techniques to remove bar exam fears the best way to practice for the bar exam strategies to improve test-taking performance how to use bar exam affirmations to increase self-confidence what to eat to keep your mind and brain healthy and in peak condition for the bar exam and much more! Use Bar Exam Mind as a supplement to all substantive bar preparation courses. You can either follow the 21-day learning program included with the book or choose to implement only the techniques you believe will be most beneficial to you. After reading this book, you will be well on your way to a successful and stress-free bar exam. \*\*\*\*\* Get more bar exam advice at BarExamMind.com.

## Book Information

Paperback: 162 pages

Publisher: Lake George Press; 2 edition (April 19, 2014)

Language: English

ISBN-10: 061599900X

ISBN-13: 978-0615999005

Product Dimensions: 5 x 0.4 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars See all reviews (3 customer reviews)

Best Sellers Rank: #1,097,010 in Books (See Top 100 in Books) #123 in Books > Education & Teaching > Higher & Continuing Education > Test Preparation > Professional > Bar Exam #349 in Books > Law > Legal Education > Test Preparation #6607 in Books > Textbooks > Test Prep & Study Guides

## Customer Reviews

Nice companion book with Bar Exam. This includes 4 of the journal topics mentioned in Bar Exam Journal, but it goes into greater detail about other things like affirmations and some other performance psychology concepts.

As someone with some understanding of psychology and the mind, this seems pretty hokey and like bull doody written by people who don't know what they are talking about. Spend time studying, not reading this.

Great to use with Bar Exam Mind.

[Download to continue reading...](#)

Bar Exam Mind: A Strategy Guide for an Anxiety-Free Bar Exam The Bar Exam Mind Bar Exam Journal: Guided Writing Exercises to Help You Pass the Bar Exam Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Scoring High on Bar Exam Essays: In-Depth Strategies and Essay-Writing That Bar Review Courses Don't Offer, with 80 Actual State Bar Exams Questions a How to Open a Bar: An Entrepreneur's Essential Guide to Opening, Operating, and Owning a Bar or Nightclub ~ ( the Bar Business Plan ) Bar Exam Basics: A Roadmap for Bar Exam Success HOW TO WRITE A LAW SCHOOL IRAC ESSAY and Pass: Authored By A Bar Exam Expert Whose Bar Exam Essays Were Published! Look Inside!!! Rigos Primer Series Uniform Bar Exam (UBE) Multistate Bar Exam (MBE) Volume 2: 2017 Edition How to Write Bar Exam Essays: Strategies and Tactics to Help You Pass the Bar Exam (Volume 2) How to Write Bar Exam Essays: Strategies and Tactics to Help You Pass the Bar Exam Rigos Primer Series Uniform Bar Exam (UBE) Review Multistate Bar Exam (MBE) Volume 1: 2017 Edition Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) Yoga Mind, Peaceful Mind: Simple Meditations for Overcoming Anxiety Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes The Ultimate Patent Bar Study Guide: Pass the Patent Bar Exam with Ease

[Dmca](#)