

## polar obsession

Thu, 10 Jan 2019 08:53:00  
GMT polar obsession pdf -  
Ironic process theory, ironic  
rebound, or the white bear  
problem refers to the  
psychological process  
whereby deliberate attempts  
to suppress certain thoughts  
make them more likely to  
surface. Ironic process  
theory - Wikipedia - The  
incremental learning  
derives its name from the  
incremental nature of the  
learning process. In  
incremental learning, all  
facets of knowledge receive  
a regular treatment, and  
there is a regular inflow of  
new knowledge that builds  
upon the past knowledge.  
SuperMemo: Incremental  
learning - Super Memory:  
Forget ... -

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