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## Table of Contents (the real thing)

## Intro

## Your brain on C#. Here you are trying to learn something,

while here your *brain* is doing you a favor by making sure the learning doesn't *stick*. Your brain's thinking, "Better leave room for more important things, like which wild animals to avoid and whether naked snowboarding is a bad idea." So how *do* you trick your brain into thinking that your life depends on knowing C#?

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