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How to Become Smarter: 18 Habits to Boost Your Intelligence
10 Evidence-Backed Ways to Become Smarter 1. Exercise regularly. Staying physically active is one of the best ways to improve brain functioning. It also enhances... 2. Get enough sleep. Sleep is also essential for supporting optimal cognitive function. When you sleep, your brain... 3. Meditate. ...

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1. Visit New Places Whether this means studying in a new coffee shop, taking a different route to work, or traveling to... 2. Continue Your Education Adult education is one of the best investments of time, money, and energy you can make. While... 3. Read and Watch the News This is one activity that ...

How to Become Smarter: 21 Things You Can Do Daily
7 Ways to Become Smarter Every Week 1. Spend time reading every day... The mind is like a muscle: the more you use it the stronger it will become. Reading is... 2. Focus on building a deeper understanding... Becoming smarter takes more than just absorbing information -- true wisdom... 3. Constantly ...

7 Ways to Become Smarter Every Week - Entrepreneur
Here ' s how to get smarter: 1. Do Different Things That Make You Smarter The point of this list involves diversifying your day.

Top 10 Easy Daily Habits to Become More Intelligent ...
7 Scientific Ways to Become Smarter 1. Play video games to become more mentally nimble... According to the cognitive neuroscientist Daphne Bavelier, playing... 2. Practice mindfulness to make smarter decisions... As I pointed out in " How Steve Jobs Trained His Own Brain, " Steve... 3. Exercise more ...

7 Scientific Ways to Become Smarter | Inc.com
If you want to become smarter, you have to create habits that will groom your intelligence and nourish your mind. Some people are born smart, but most smart people do daily rituals to maintain...

18 Habits That Will Make You Smarter | Inc.com
Educating yourself takes time, and if you want to get smarter it is going to require effort. Don ' t expect it to happen overnight. You need to spend a lot of time actively thinking and learning if you want to really be smart. 4

5 Ways to Be Smart - wikiHow
Reading to Get Smarter 1 Read a little bit every day to improve cognitive function. The mental stimulation from reading can help improve thinking skills and memory.

4 Ways to Become More Intelligent Than You Are Now - wikiHow
How smart are you? Intelligence is hard to come by these days. We've created a short list of questions to test your intelligence when dealing with average everyday situations. Take the intelligence test and we'll tell you how you compare to the rest of the world. Looking up the answers is kind of cheating...

Am I Dumb Test - Intelligence Test - How Smart Are You?
I came away with nine lessons on how we can improve our thinking and become smarter—with and without technology: 1. Spend Significant Chunks of Time Offline " I think it ' s good to spend significant...

9 Ways To Make Yourself Smarter | Psychology Today
Although I'm not sure that you can become "smarter" by eating better, you certainly can become more alert, focused, aware, and emotionally balanced, and thus you will be able to study better, communicate better, and think clearer. For all intents and purposes, you will feel smarter.

How to Become Smarter: Amazon.co.uk: Charles Spender ...
Reading is a great way to become smarter. When you read, you are using different parts of your brain to decode words and to comprehend what is happening. Reading silently or out loud is a great way to increase intelligence. The great news is that you don ' t have to read hard books to become smarter.

7 Effective Ways to Become Smarter - Thrive Global
Drawing is considered as one of the best tips on how to get smarter fast. Drawing can help you enhance your creativity. It is a unique way to cultivate the brain activity. Besides aiding for the coordination of hands and eyes, the memory can be stored vividly.

How to get smarter every day - 16 fast tips
Being " intellectual " is kind of like being " athletic " or " artistic. " Some people have higher aptitudes for such things, but almost everyone can learn to be somewhat proficient, in their own individual way. Mostly, you have to read a lot, and then ...

What can I do to become smarter? - Quora
If you have a perception that you are not getting smarter you won ' t progress very far. You have to think you can improve. The brain can become much smarter as long as you take care of it. I want to thank you for taking the time to read my article about how to become more intelligent.

How To Become More Intelligent And Smarter: Do These 15 Things
How to Get Smarter or How to Become Smarter – Here are 10 simple things to do every day to help your mind think smarter: 1. Drink 2 glasses of water as soon as you wake up When we sleep, our body functions without drinking water for a prolonged period (6-9 pm).

How To Get Smarter - 10 Little Things To Become Smarter ...
3 Scientifically Proven Methods To Become Smarter http://www.Ameerrosic.com It ' s simple, your brain is at the center of everything you do, all you feel and t...

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A collection of advice for the aspiring manager draws on the Mafia's reputation for understanding the dynamics of human nature, offering such maxims as "If you must lie, be brief" and "Keep your friends close, but keep your enemies closer"

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Contrary to accepted belief, YOU CAN INCREASE YOUR INTELLIGENCE AT ANY AGE! Smarter Next Year presents the latest scientific evidence for improving your mind and staying healthy at all stages of life. This inspirational book provides simple but eye-opening steps to lead you to a healthier and happier life. This quick 1-hour read written by Dr. David Bardsley will change the way you think about your brain. The insightful brain hacks provided in this book give you a foundation of change for improving your health and mind. The bottom line? GENES DON'T CONTROL YOUR INTELLIGENCE. YOU DO. Your brain — and every brain — is constantly evolving and changing. In fact, there are multiple scientifically proven paths to increasing your memory and IQ — at any age — through simple life changes. Do you ever struggle to recall something you had just been thinking about moments ago? Or have an idea that was fresh in your mind become clouded before you can take action? Eliminate such issues for good using Dr. David Bardsley's simple 8-step program! No matter your age or cognitive abilities, by applying these scientifically proven tips, you can take steps to become smarter, sharper, and healthier — NOW!