



How to Increase IQ: Discover How to Raise Your IQ and Increase Your Intelligence

Remy Simon

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Intelligent people seem to have it better in so many ways. They get better grades and better jobs; and they even seem to get better options when it comes to friends and partners. They are able to think their way through life's challenges and come out as winners. In the past, it was common belief that there is only one kind of intelligence - that which is typically known as being 'book smart' or having a high IQ. It was also believed that intelligent people are born smart, and if you aren't so genetically blessed, well, tough luck. Thankfully for the rest of us, science now tells us otherwise. Now we know there are numerous facets to intelligence, and being book smart is only one part of it. For example, you may be clueless in math, but be extremely gifted in music (rhythmic intelligence) or sports (kinesthetic intelligence) or even with people (interpersonal intelligence). But even better, we also now know that intelligence can be acquired and developed. You can actually make yourself smart! And that's what this book is specifically designed to help you do. Together, we'll walk through all the aspects of intelligence in order for you to see how they relate to your IQ. Then, I will show you how to exercise you mental muscles and make the necessary lifestyle adjustments to actually increase your brainpower. Ready to get started?

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