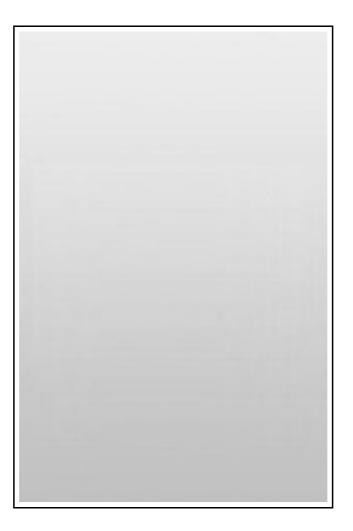
# Building Mental Muscle: Conditioning Exercises for the Six Intelligence Zones



Filesize: 6.52 MB

## **Reviews**

This ebook is very gripping and fascinating. It is among the most awesome ebook i have go through. I found out this publication from my i and dad advised this ebook to understand. (Olen Shields PhD)

# BUILDING MENTAL MUSCLE: CONDITIONING EXERCISES FOR THE SIX INTELLIGENCE ZONES



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Viva Books Private Limited, 2015. Softcover. Book Condition: New. Description: USE IT OR LOSE IT! Find out how you can take advantage of the most recent scientific discoveries to develop skills in the six zones of realworld problem solving: Executive & Social? Memory? Language? Emotional Response? Computation Skills? Creative Spatial Visualization Breakthrough after breakthrough in research is revolutionizing ideas about how the brain works. Here is just a sampling of the 58 readable reports you can put to good use right away: ? Ways to learn faster and trick your brain into storing information permanently? How women?s and men?s brains process information differently? How to take advantage of brief "windows of opportunity" to teach infants skills before they lose the ability to learn easily? How to change your mood without drugs or therapy? How you can raise or lower your body?s level of hormones that nurture or destroy brain cells Your own doctor may not yet have read about some of the research findings in this book. For Example: ? How your brain processes new information? How it stores and retrieves data from memory? How it solves problems, recognizes faces, and handles fear Take your pick of the 76 fascinating, mind-opening Exercise Puzzlers. Research has proven that engaging mind-exercises can change your brain?s structure to your advantage even if it has begun to slow down with age. See how your temperament and skills rate in dozens of self-tests. For Example: ? Identifying the temperament type you were born with? Rating your social intelligence? Taking your personality inventory? Gauging your level of self consciousness Contents: INTRODUCTION? EXECUTIVE & SOCIAL? What part of your brain causes you to respond as a unique individual? ? Your...

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