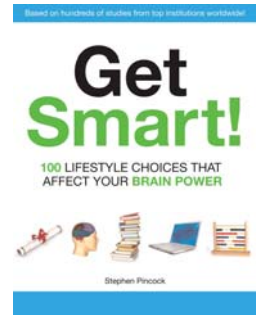


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Get Smart!

100 LIFESTYLE CHOICES THAT AFFECT YOUR BRAIN POWER

Get Smart! is a collection of the latest research into intelligence and a guide to the tools, strategies and lifestyle most likely to maximise your brain power. Part self-help book, part psychology primer, it features 100 pieces of advice on what will and will not help you to reach your full intellectual potential. The information the book presents is scientifically rigorous, often startling, but never preachy.

Informative, factual and accessible, **Get Smart!** gives the best available advice across a range of situations and activities that are relevant to our intelligence. This book might not make you the next Einstein, but it will certainly allow you to make the best of the ability that nature has endowed you with.

In this thoroughly researched book, you'll learn that there are many ways to boost your brainpower and maximise your intelligence. Influencing factors include:

Cohabiting: + 2 points

Loneliness: - 3 points

Sleep deprivation: - 3 points

Nutrition: + 5 points

Brain games: + 0.5 points

Smoking: - 3 points

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You  this book = brainpower

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