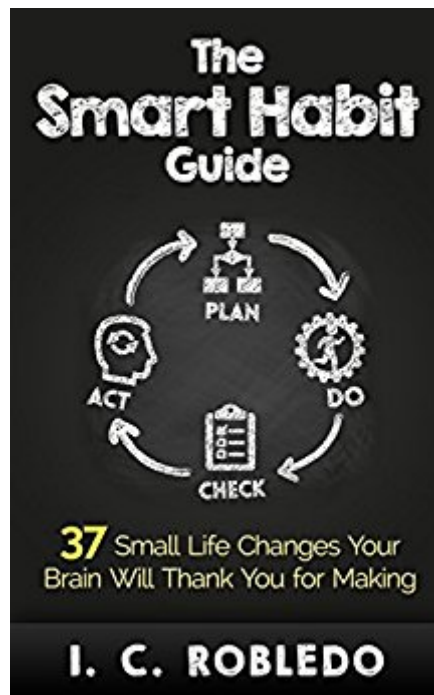




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The Smart Habit Guide: 37 Small Life Changes Your Brain Will Thank You For Making



Synopsis

Think Smarter. Work Smarter. Be Smarter. Imagine if there was a secret that all of the smart people in the world were keeping from you. And this meant that they always had an advantage. Really, there isn't just one secret. There are many. They don't keep these secrets on purpose – rather, they are often too busy implementing smart habits to talk about them. These are powerful habits. They drive us to improve our abilities and succeed. Internationally bestselling author I. C. Robledo has studied the lives of highly intelligent people for many years. He has concluded that smart people are not born smart. Instead, they acquire habits that keep the brain in top shape. Inside, you will discover: How putting household items in unexpected places can benefit your memory How to conduct a thought experiment – a tool often used by Einstein Why teaching helps you learn, even if you think you know the material How smart people search deeply for answers, examining details thoroughly Why great thinkers document their thought processes Get smarter by making small life changes with The Smart Habit Guide.

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Customer Reviews

As the title suggests, this is a volume of 37 habits that can be applied to make you smarter. The author's central premise is that smart people are smart not because they were born that way, but because they practice and apply smart habits that enable them to learn and accomplish things more efficiently. At about 70 pages, this book makes for a quick read and can be finished in one sitting. But don't be fooled by its length, there is a wealth of useful information contained in these pages. The book is organized into several sections that group the habits into what functions they affect (learning new things, challenging yourself, etc.). The Kindle edition is especially useful because it contains direct links to various web resources such as online courses, reference websites, etc. In addition to explaining the reasons why each habit is "smart", the author also provides a list of suggestions for how to apply them. For examples, there are links to specific games that are known to improve thinking and memory skills. The book also contains many examples from the author's own experiences for how to apply certain habits. This is definitely a worthwhile book to keep around for reference, especially given the low price.

This book is a very useful, easy-to-read collection of great ideas and suggestions to make it simple to add worthwhile habits to help make your brain work better. In addition, the author includes online references for further reading which is very helpful. This book will make a handy reference to re-read and use as a refresher course to continue applying good "brain" habits in the future.

I find this book is excellent, well written and very, very practical.

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