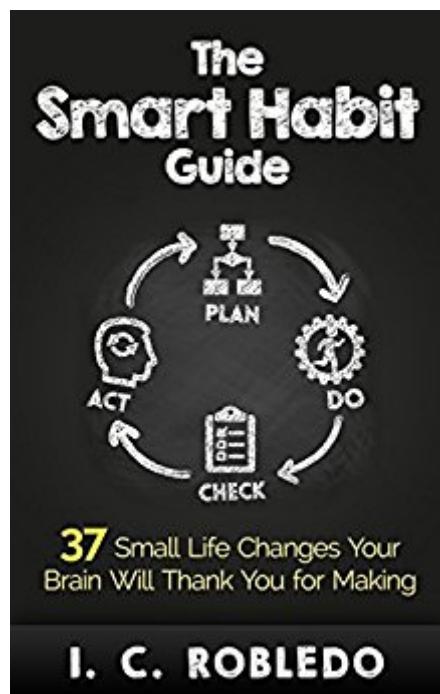


The book was found

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 or 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 or 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.

Book Information

File Size: 1255 KB

Print Length: 124 pages

Page Numbers Source ISBN: 1547280026

Simultaneous Device Usage: Unlimited

Publication Date: December 23, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00RDQF1AS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #128,086 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #3 in Kindle Store > Kindle eBooks > Teen & Young Adult > Education & Reference > Study Aids > College Guides #5 in Kindle Store > Kindle eBooks > Children's eBooks > Education & Reference > Study Aids #5 in Kindle Store > Kindle eBooks > Teen & Young Adult > Education

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.

[Download to continue reading...](#)

The Smart Habit Guide: 37 Small Life Changes Your Brain Will Thank You for Making Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) Soap Making: 365 Days of Soap Making: 365 Soap Making Recipes for 365 Days (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, ... Making, Soap Making Supplies, Crafting) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days HABIT STACKING: Small Changes do Matter, The Ultimate Guide how to turn Small Habits into Powerful Tools that will Improve Your Daily Routine Habit

Stacking: 97 Small Life Changes That Take Five Minutes or Less Habit Stacking: 127 Small Changes to Improve Your Health, Wealth, and Happiness The Bride's Thank You Guide: Thank You Writing Made Easy God Talks to Me about Thankfulness - Children's Book about Thank You - Thank You God - Catholic Children's Books - God's Word for Children, Happy ... Lord - Padded Hard Back (God Talks with Me) TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT:SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP The Ultimate Soap Making Guide: Unique Soap Making Recipes & Complete Soap Making Guide for Beginners (Soap Making at Home, Soapmaking Guide, Soap Making Recipes, Soap Making Book) Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits) Habit 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature) Habit 1 Be Proactive: The Habit of Choice (The 7 Habits) Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature) Habit 3 Put First Things First: The Habit of Integrity and Execution (7 Habits of Highly Effective People Signature) Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People) Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature) A Smart Girl's Guide: Getting It Together: How to Organize Your Space, Your Stuff, Your Time--and Your Life (Smart Girl's Guide To...) A Smart Girl's Guide: Getting It Together: How to Organize Your Space, Your Stuff, Your Time--and Your Life (Smart Girl's Guides)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)