

Smarter The New Science Of Building Brain Power Dan Hurley

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"Smarter is an essential read. It's a riveting look at the birth of a new science as well as a user's manual for anyone who wants to be better at solving problems, learning new things, and coming up with creative ideas."—Daniel H. Pink, author of Drive and A Whole New Mind "A clear-eyed but encouraging view of cognitive enhancement."

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The new science of building brain power may be said to have truly kicked off in 2002. In that year, Swedish psychologist Torkel Klingberg performed a study wherein he found that subjects diagnosed with ADHD improved in both attention span and general intelligence after undergoing a brain-training program that involved working-memory exercises (it was this very study that kick-started the brain training industry).

Smarter: The New Science of Building Brain Power - Amazon

Smarter: The New Science of Building Brain Power by Hurley, Dan at AbeBooks.co.uk - ISBN 10: 0670922757 - ISBN 13: 9780670922758 - Viking - 2013 - Softcover

9780670922758: Smarter: The New Science of Building Brain

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Can you make yourself, your kids, and your parents smarter? Dan Hurley penetrates the hot new field of intelligence research to reveal what researchers call a revolution in human intellectual abilities

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The new study showed that people can increase their "fluid" intelligence through training, Hurley, who grew up to become an award-winning science journalist, first explored the topic in The New York Times Magazine. In Smarter, he digs deeper by meeting with the field's leading researchers—and becoming a human guinea pig. After just three months of playing computer brain-training games, joining a boot-camp exercise program, learning to play the Renaissance lute, practicing mindfulness ...

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Smarter questions our understanding of intelligence in this new age of brain-training games.From the traditional adage of "healthy body, healthy mind," to the latest advances in computerised brain training games, these blinks explore scientifically established methods of improving cognitive abilities.

Smarter by Dan Hurley—Blinkist

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