



# ***IQ Power-Up: 101 Ways to Sharpen Your Mind***

*Ron Bracey*

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## **IQ Power-Up: 101 Ways to Sharpen Your Mind** Ron Bracey

Do you think IQ is determined at birth? Think again. Just as physical exercise builds muscle tissue, the right kind of mental workout stimulates brain cells and raises IQ. Here, from a respected clinical psychologist, are 101 proven ways to strengthen reasoning power and increase speed and flexibility of thought. Try these mind-stretching exercises and watch your IQ score climb right up the scale. Intuitive thinking will benefit, too, with exercises that focus on emotional and social intelligence. *IQ Power-Up* can enhance all aspects of a person's life—from success at school and work to winning at board games and forming lasting relationships. It can even help an aging brain grow more active, youthful, and stronger with the years.

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