



How to Be a Genius: Brain Training for the Idle Minded

Robert Allen

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Are we stuck with the IQ we're born with? Not at all! Mental exercises build smarter brains just as physical exercise builds stronger muscles--and this is the definitive guide to becoming more of a genius. These 101 workouts will help you improve your memory, sharpen your reasoning skills, win at strategic games like chess and bridge, and make better moves in every area of life. Introductions to powerful mind-training tools, including mnemonics, self-hypnosis, neurolinguistic programming, and Mind Mapping, round out this mind-enhancing workout.

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