



# How to Become Smarter: Discover How to Increase Intelligence and Boost Brainpower

*Cameron Jessup*

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## **How to Become Smarter: Discover How to Increase Intelligence and Boost Brainpower** Cameron Jessup

Just as your muscles can be trained to help you become stronger, the many functions of your brain, which make up your overall intelligence, can also be trained to help you become smarter. “Crystallized intelligence” is life learning, the culmination of everything you’ve experienced and retained as a human. Its corollary, known as “fluid intelligence,” is your ability to manipulate figures and facts in your head, to analyze, and be creative. There are plenty of ways for you to dramatically improve both your crystallized and fluid intelligence, and throughout this book, I’m going to show you a multitude of techniques, exercises, as well as dietary, pharmaceutical, and lifestyle choices that will increase your intelligence and boost your brain power! Let’s get started!

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Playing with family in the park, coming to see the ocean world or hanging out with good friends is thing that usually you might have done when you have spare time, then why you don't try point that really opposite from that. One activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love How to Become Smarter: Discover How to Increase Intelligence and Boost Brainpower, you are able to enjoy both. It is fine combination right, you still wish to miss it? What kind of hang-out type is it? Oh can happen its mind hangout fellas. What? Still don't understand it, oh come on its identified as reading friends.

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