



## How To Be A Genius: Brain Training for the Idle Minded (Hardback)

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By Robert Allen

PAVILION BOOKS, United Kingdom, 2011. Hardback. Book Condition: New. 200 x 132 mm. Language: English . Brand New Book. The chief function of the body is to carry the brain around Thomas Edison Are you always the last person to get the joke? Do you get a headache when you try and add 34 to 97? Do the words that come out of Stephen Fry s mouth just sound like nonsensical mumbo-jumbo? If the answer to all these questions is yes, then you need help. How To Be A Genius is filled with informative and fun ways to train your brain into an intellectual athlete! The book contains over 50 tricks to help improve your memory skills, mind-workout techniques, how to win at brain games such as chess and fine tune your mind to help with all areas of your life - from boosting your creativity to revision skills. The book also contains fascinating insight into areas such as Mnemonics, emotional intelligence, brainstorming, self-hypnosis, meditation, NLP and mind-mapping.



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