



Beyond IQ: Scientific Tools for Training Problem Solving, Intuition, Emotional Intelligence, Creativity, and More

Garth Sundem

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Forget the IQ tests and tweak those parts of intelligence that matter most to real world success.

Sure, having a high IQ is great. But surprisingly, science shows that mental abilities *not* captured in IQ tests can have the most impact in the real world—attributes like creativity, willpower, emotional intelligence, and intuition.

And yes—you *can* train those skills. In these pages, journalist Garth Sundem draws on interviews with psychology's top experts and the latest research to show you how.

Beyond IQ is a new kind of braintraining guide, one packed with useful, engaging exercises scientifically shown to help you make the most of the brain you've got in the arena that matters most—life!"

BEYOND IQ is filled with simple pen-and-paper exercises that will help you:

- teach your mind to hear that "eureka" moment of insight
- improve your problem-solving skills
- use divergent thinking to boost your creativity
- retrain your intuition to become more trustworthy
- avoid the cognitive "blinkering" that too often comes with expertise
- expand your working memory
- practice your performance under pressure
- improve your pattern-recognition skills
- sharpen your emotional intelligence
- strengthen your willpower

And more!

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This Beyond IQ: Scientific Tools for Training Problem Solving, Intuition, Emotional Intelligence, Creativity, and More is great book for you because the content which can be full of information for you who always deal with world and still have to make decision every minute. This particular book reveal it facts accurately using great plan word or we can state no rambling sentences inside it. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only gives you straight forward sentences but tough core information with wonderful delivering sentences. Having Beyond IQ: Scientific Tools for Training Problem Solving, Intuition, Emotional Intelligence, Creativity, and More in your hand like finding the world in your arm, facts in it is not ridiculous a single. We can say that no guide that offer you world in ten or fifteen second right but this reserve already do that. So , this is certainly good reading book. Hey Mr. and Mrs. stressful do you still doubt that?

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