

Smarter The New Science Of Building Brain Power Dan Hurley

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The new science of building brain power may be said to have truly kicked off in 2002. In that year, Swedish psychologist Torkel Klingberg performed a study wherein he found that subjects diagnosed with ADHD improved in both attention span and general intelligence after undergoing a brain-training program that involved working-memory exercises (it was this very study that kick-started the brain training industry).

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The new study showed that people can increase their fluid intelligence through training. Hurley, who grew up to become an award-winning science journalist, first explored the topic in The New York Times Magazine. In Smarter, he digs deeper by meeting with the field's leading researchers and becoming a human guinea pig. After just three months of playing computer brain-training games, joining a boot-camp exercise program, learning to play the Renaissance lute, practicing mindfulness ...

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Smarter questions our understanding of intelligence in this new age of brain-training games. From the traditional adage of "healthy body, healthy mind," to the latest advances in computerised brain training games, these blinks explore scientifically established methods of improving cognitive abilities.

~~Smarter by Dan Hurley - Blinkist~~

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