



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

By Garth Sundem

Three Rivers Press (CA), United States, 2014. Paperback. Book Condition: New. 202 x 130 mm. Language: English . Brand New Book. 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...



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