

Title:

10 Ways to Overclock Brain Activity

Word Count:

694

Summary:

A person with more brainpower has the more chances of success in every competitive field. Your

Keywords:

brain,powerbrain,mind,

Article Body:

1. Physical exercise. Physical exercise strengthens your brain. Exercise benefits your brain ce
2. Mind exercises. Concentration and clear thinking are more or less automatic once you remove
3. Healthy breakfast. Start your day with a healthy breakfast. Skipping breakfast affects your
4. Increase Water Intake. Given that your brain is about 80 percent water, the first rule of b
5. Keep journals and notebooks. All the smart people write down their ideas, thoughts and obse
6. Think positively. Thinking positively enables you to access your higher thinking abilities.
7. Make sure you sleep enough. Your brain is rejuvenate during those sleeping hours. Research
8. Creative Visualization. Use the power of Creative Visualization. Creative Visualization is
9. Develop your creativity and your intuition. Creativity gives power to your thinking. Raw co
10. Make a brainpower plan. It takes about twenty to thirty days of repetition to establish ne

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