

Title:

Clear Thinking 101

Word Count:

443

Summary:

Want to be a clear thinking problem-solving master? Try these simple steps to get past that brain

Keywords:

clear thinking, brain fog, problem solving

Article Body:

Want clear thinking? Resolve your "mind irritations," by watching what's going on in your head.

Take a deep breath, close your eyes for a moment, and tune in to your mind. As you become aware

Start tuning into your mind, and you'll find it becomes easier to recognise what is just below

**More Tips For Clear Thinking**

1. Have clear space. It's rare that a person can work better in clutter. An organised home or

2. Get enough good sleep. Sleep requirements vary greatly, but the bare minimum for almost everyone

3. Try meditating. Close your eyes, relax, and watch your breath. Your mind will wander endlessly

4. Walk. I think the research will eventually show this to be one of the best things you can do

5. Avoid sugar. Eat a large piece of sugary cake on an empty stomach, then try to do math problems

6. Breathe deeply through your nose. Three deep breaths through your nose is like a mini-meditation

7. Don't drink alcohol. A beer or two may help your creativity, but in general, alcohol is a hindrance

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