

Title:

How To Increase Your Mind Power

Word Count:

510

Summary:

There are more than a hundred ways to increase your mind power. Here are five that you can try

Keywords:

mind power, mind, increase mind power

Article Body:

You can increase your mind power starting today. There are conditions that are conducive to be

Exercise Helps The Brain

Long term exercise can boost brainpower, which isn't surprising. Anything that affects physical

Temperature And Mind Power

Many people have noted that they think better at certain temperatures. In general, it seems th

Become A Problem Solver

Just use a problem solving technique for several weeks and it will become a habit. Redesign ev

Develop Your Intuition

Einstein relied heavily on intuitive hunches. Because of his intuitive grasp of the game, Gary

Your skill, knowledge and experience determine the potential effectiveness of your intuition.

Sniff Roses or Rose Oil

This is relaxing for some people. The idea here is that sometimes you are too "wound up" for e

Adjust Your Mind Power Beliefs

Believe you are smarter, and you'll become smarter. For this, affirmations may work, but even

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