

Title:
Improve IQ

Word Count:
577

Summary:
How do you improve IQ? There are more than 100 ways. Here is a sampling of them.

Keywords:
improve iq, iq, brainpower

Article Body:
Can you improve IQ and brainpower in general? You bet, and it isn't always difficult. I write

Improve IQ - A Few Ways

Improve your beliefs. When you believe you are smarter, you become smarter. Though affirmation
Sniffing things. Rosemary may have an effect on the brain when the scent is inhaled. I am wait
Write. This is good for your mind in a number of ways. You tell your memory what is important
Play Mozart. Researchers found, in a study at the University of California, that children who
Eat fish. Eating fish speeds up brain waves, and improves concentration. Researchers have also
Stop unnecessary arguing. Defend a position too vigorously, especially when it is just to "win

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