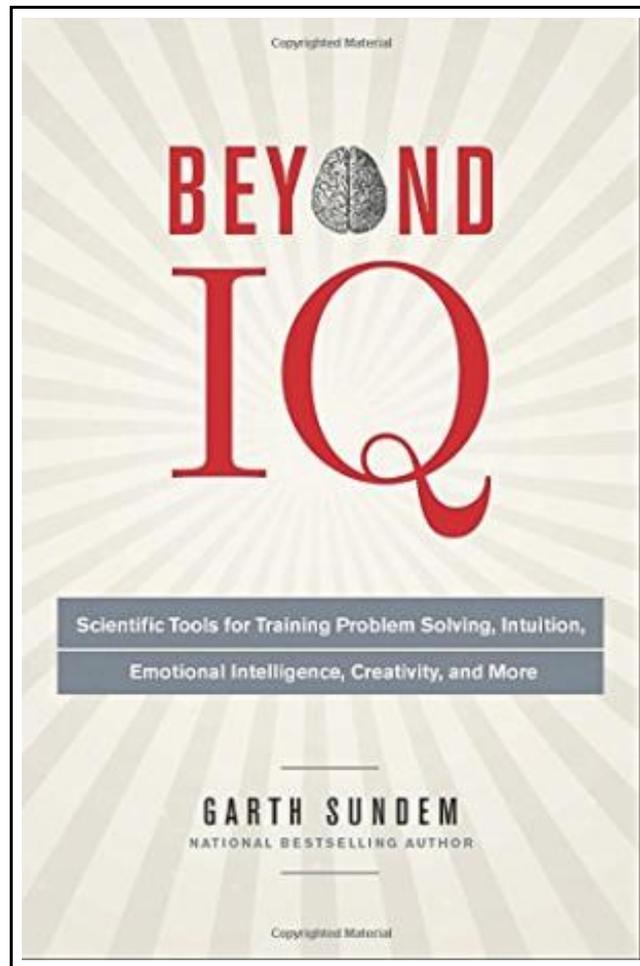


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BEYOND IQ: SCIENTIFIC TOOLS FOR TRAINING PROBLEM SOLVING, INTUITION, EMOTIONAL INTELLIGENCE, CREATIVITY, AND MORE



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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 your emotional intelligence --strengthen your willpower And more!.

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