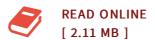




The New IQ: Use Your Working Memory to Think Stronger, Smarter, Faster

By Tracy Packiam Alloway, Ross Alloway

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The New IQ: Use Your Working Memory to Think Stronger, Smarter, Faster, Tracy Packiam Alloway, Ross Alloway, Working memory is the smart new way to improve your performance - whether studying for exams or looking to make progress in your career. * Is there a way to better manage my schedule? * What can I do to boost me up the career ladder? * How can I learn to face each day with more confidence? The answer to all these questions is: improve your working memory! Tracy and Ross Alloway, leading experts, show how working memory is the key to all that and more. They present important and recent breakthroughs in the field, including research on how Facebook can become 'Smartbook', how working memory can improve your children's marks, how it changes as you age, and how working memory is linked with ADHD, autism, dyslexia, and Alzheimer's. But here's the best news: You can improve your working memory! This book will give you three tests to find out how good your working memory is - and over 50 targeted exercises so you can sharpen it. 'The New IQ' offers unprecedented insight into...



Reviews

An exceptional pdf and the typeface utilized was fascinating to read through. It can be writter in straightforward words and phrases instead of confusing. I am just quickly could possibly get a delight of looking at a written ebook.

-- Prof. Arlie Bogan

It in a single of the best book. This is for those who statte there had not been a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Barney Robel Jr.