

Smarter The New Science Of Building Brain Power Dan Hurley

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Smarter: The New Science of Building Brain Power: Amazon...

The new science of building brain power may be said to have truly kicked off in 2002. In that year, Swedish psychologist Torkel Klingberg performed a study wherein he found that subjects diagnosed with ADHD improved in both attention span and general intelligence after undergoing a brain-training program that involved working-memory exercises (it was this very study that kick-started the brain training industry).

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Smarter: The New Science of Building Brain Power by Hurley, Dan at AbeBooks.co.uk - ISBN 10: 0670922757 - ISBN 13: 9780670922758 - Viking - 2013 - Softcover

9780670922758: Smarter: The New Science of Building Brain...

Expanding upon one of the most-read New York Times Magazine features of 2012, Smarter penetrates the hot new field of intelligence research to reveal what researchers call a revolution in human intellectual abilities. Shattering decades of dogma, scientists began publishing studies in 2008 showing that " fluid intel.

Smarter: The New Science of Building Brain Power by Dan Hurley

Can you make yourself, your kids, and your parents smarter? Dan Hurley penetrates the hot new field of intelligence research to reveal what researchers call a revolution in human intellectual abilities

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The new study showed that people can increase their " fluid " intelligence through training. Hurley, who grew up to become an award-winning science journalist, first explored the topic in The New York Times Magazine. In Smarter, he digs deeper by meeting with the field ' s leading researchers—and becoming a human guinea pig. After just three months of playing computer brain-training games, joining a boot-camp exercise program, learning to play the Renaissance lute, practicing mindfulness ...

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Smarter: The New Science of Building Brain Power by Hurley...

Smarter questions our understanding of intelligence in this new age of brain-training games.From the traditional adage of " healthy body, healthy mind, " to the latest advances in computerised brain training games, these blinks explore scientifically established methods of improving cognitive abilities.

Smarter by Dan Hurley – Blinkist

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Happy Money: The New Science Of Smarter Spending by Dunn, Elizabeth at AbeBooks.co.uk - ISBN 10: 1851689982 - ISBN 13: 9781851689989 - Oneworld Publications - 2013 - Softcover

" A riveting look at the birth of a new science. " —Daniel H. Pink, author of Drive When he was eight years old, Dan Hurley was labeled a " slow learner " because he still couldn' t read. Three years later, he had become a straight A student. Until the publication of a major study in 2008, psychologists believed that intelligence is fixed at birth, that IQ is like a number tattooed on the soul. The new study showed that people can increase their " fluid " intelligence through training. Hurley, who grew up to become an award-winning science journalist, first explored the topic in The New York Times Magazine. In Smarter, he digs deeper by meeting with the field ' s leading researchers—and becoming a human guinea pig. After just three months of playing computer brain-training games, joining a boot-camp exercise program, learning to play the Renaissance lute, practicing mindfulness meditation and and even getting his brain zapped in the name of science, Hurley improved his fluid intelligence by sixteen percent. With humor and heart, Smarter chronicles the roiling field of intelligence research and delivers practical findings to sharpen the minds of children, young adults, seniors, and those with cognitive challenges.

Edge.org presents brilliant, accessible, cutting-edge ideas to improve our decision-making skills and improve our cognitive toolkits, with contributions by Nassim Nicholas Taleb, Richard Dawkins, Brian Eno, Steven Pinker, and more. Featuring a foreword by New York Times columnist David Brooks and edited by John Brockman, This Will Make You Smarter presents some of the best wisdom from today ' s leading thinkers—to make better thinkers out of the leaders of tomorrow.

After a fairly low threshold, income and material wealth have no measurable effect on happiness. But how we spend our money does. In this groundbreaking book, Dr Elizabeth Dunn and Dr Michael Norton explain the secret to " happiness-efficient " spending. Using their own cutting-edge research, they reveal: • Why it ' s better to buy concert tickets instead of a new iPhone • Adverts actually make television more enjoyable • Why you should book your next holiday many months in advance • How " time affluence " is more important than a fat pay cheque • Why charitable giving is the best investment you can make A rare combination of informed science writing, wit, and practical pointers for a flourishing life, Happy Money will help you to be more fulfilled for less.

NEW YORK TIMES BESTSELLER • The author of The Power of Habit and " master of the life hack " (GQ) explores the fascinating science of productivity and offers real-world takeaways to apply your life, whether you ' re chasing peak productivity or simply trying to get back on track. " Duhigg melds cutting-edge science, deep reporting, and wide-ranging stories to give us a fuller, more human way of thinking about how productivity actually happens. " —Susan Cain, author of Quiet In The Power of Habit, Pulitzer Prize–winning journalist Charles Duhigg explained why we do what we do. In Smarter Faster Better, he applies the same relentless curiosity and rich storytelling to how we can improve at the things we do. At the core of Smarter Faster Better are eight key concepts—from motivation and goal setting to focus and decision making—that explain why some people and companies get so much done. Drawing on the latest findings in neuroscience, psychology, and behavioral economics—as well as the experiences of CEOs, educational reformers, four-star generals, and Broadway songwriters—this book reveals that the most productive people, companies, and organizations don ' t merely act differently. They view the world, and their choices, in profoundly different ways. Smarter Faster Better is a story-filled exploration of the science of productivity, one that can help us learn to succeed with less stress and struggle—and become smarter, faster, and better at everything we do.

A revelatory and timely look at how technology boosts our cognitive abilities—making us smarter, more productive, and more creative than ever It ' s undeniable—technology is changing the way we think. But is it for the better? Amid a chorus of doomsayers, Clive Thompson delivers a resounding " yes. " In Smarter Than You Think, Thompson shows that every technological innovation—from the written word to the printing press to the telegraph—has provoked the very same anxieties that plague us today. We panic that life will never be the same, that our attentions are eroding, that culture is being trivialized. But, as in the past, we adapt—learning to use the new and retaining what is good of the old. Smarter Than You Think embraces and extols this transformation, presenting an exciting vision of the present and the future.

What if you could upgrade your brain in 15 minutes a day? Let Elizabeth Ricker, an MIT and Harvard-trained brain researcher turned Silicon Valley technologist, show you how. Join Ricker on a wild and edifying romp through the cutting-edge world of neuroscience and biohacking. You'll encounter Olympic athletes, a game show contestant, a memory marvel, a famous CEO, and scientists galore. From Ricker ' s decade-long quest, you will learn: The brain-based reason so many self-improvement projects fail ... But how a little-known secret of Nobel Prize winning scientists could finally unlock success Which four abilities—both cognitive and emotional—can predict success in work and relationships ... and a new system for improving all four Which seven research-tested tools can supercharge mental performance. They range from low-tech (a surprising new mindset) to downright futuristic (an electrical device for at-home brain stimulation) Best of all, you will learn to upgrade your brain with Ricker ' s 20 customizable self-experiments and a sample, 12-week schedule. Ricker distills insights from dozens of interviews and hundreds of research studies from around the world. She tests almost everything on herself, whether it ' s nicotine, video games, meditation, or a little-known beverage from the Pacific islands. Some experiments fail hilariously—but others transform her cognition. She is able to sharpen her memory, increase her attention span, boost her mood, and clear her brain fog. By following Ricker ' s system, you ' ll uncover your own boosts to mental performance, too. Join a growing, global movement of neurohackers revolutionizing their careers and relationships. Let this book change 15 minutes of your day, and it may just change the rest of your life!

Contrary to popular belief, genes don't control your brain... you do. Train your brain with proven techniques to improve cognitive ability at any age. Contrary to accepted belief, developing and enhancing cognitive ability can be achieved at any stage in life. Smarter Next Year presents the latest scientific information and best practices for increasing intelligence at any age, whether you're 25, 55, or 105. This self-help book provides the tools to take your mind into your own hands and stave off the effects of time.

If you think money can ' t buy happiness, you ' re not spending it right. Two rising stars in behavioral science explain how money can buy happiness—if you follow five core principles of smarter spending. If you think money can ' t buy happiness, you ' re not spending it right. Two rising stars in behavioral science explain how money can buy happiness—if you follow five core principles of smarter spending. Happy Money offers a tour of new research on the science of spending. Most people recognize that they need professional advice on how to earn, save, and invest their money. When it comes to spending that money, most people just follow their intuitions. But scientific research shows that those intuitions are often wrong. Happy Money explains why you can get more happiness for your money by following five principles, from choosing experiences over stuff to spending money on others. And the five principles can be used not only by individuals but by companies seeking to create happier employees and provide " happier products " to their customers. Elizabeth Dunn and Michael Norton show how companies from Google to Crate & Barrel have put these ideas into action. Along the way, the authors describe new research that reveals that luxury cars often provide no more pleasure than economy models, that commercials can actually enhance the enjoyment of watching television, and that residents of many cities frequently miss out on inexpensive pleasures in their hometowns. By the end of this book, readers will ask themselves one simple question whenever they reach for their wallets: Am I getting the biggest happiness bang for my buck?

From one of the world ' s leading data scientists, a landmark tour of the new science of idea flow, offering revolutionary insights into the mysteries of collective intelligence and social influence If the Big Data revolution has a presiding genius, it is MIT ' s Alex " Sandy " Pentland. Over years of groundbreaking experiments, he has distilled remarkable discoveries significant enough to become the bedrock of a whole new scientific field: social physics. Humans have more in common with bees than we like to admit: We ' re social creatures first and foremost. Our most important habits of action—and most basic notions of common sense—are wired into us through our coordination in social groups. Social physics is about idea flow, the way human social networks spread ideas and transform those ideas into behaviors. Thanks to the millions of digital bread crumbs people leave behind via smartphones, GPS devices, and the Internet, the amount of new information we have about human activity is truly profound. Until now, sociologists have depended on limited data sets and surveys that tell us how people say they think and behave, rather than what they actually do. As a result, we ' ve been stuck with the same stale social structures—classes, markets—and a focus on individual actors, data snapshots, and steady states. Pentland shows that, in fact, humans respond much more powerfully to social incentives that involve rewarding others and strengthening the ties that bind than incentives that involve only their own economic self-interest. Pentland and his teams have found that they can study patterns of information exchange in a social network without any knowledge of the actual content of the information and predict with stunning accuracy how productive and effective that network is, whether it ' s a business or an entire city. We can maximize a group ' s collective intelligence to improve performance and use social incentives to create new organizations and guide them through disruptive change in a way that maximizes the good. At every level of interaction, from small groups to large cities, social networks can be tuned to increase exploration and engagement, thus vastly improving idea flow. Social Physics will change the way we think about how we learn and how our social groups work—and can be made to work better, at every level of society. Pentland leads readers to the edge of the most important revolution in the study of social behavior in a generation, an entirely new way to look at life itself.