

SUPER BRAIN

TRAINING GUIDE



The Super Brain Training Guide

You are reading this guide because you want to take your brain to the next level! You want to have greater cognitive acceleration, or the ability to think sharper and quicker. You want to improve your overall mood and get more out of life.

This is the **PRACTICAL ACTION STEP GUIDE!** We go over some theory and big picture ideas, but there is a lot of action steps in here to get started with.

We combine the principles of Neurobics with the genius of Leonardo Da Vinci and his 7 principles of intelligence. You will also learn about the 9 major intelligences so you can identify which ones are your strong areas and which are you weak in.

We then go into balancing the right and left hemispheres of the brain through simple and practical exercises you can do in minutes. These activities will shake up your routine and use your senses in unusual ways that will make your brain more agile and flexible.

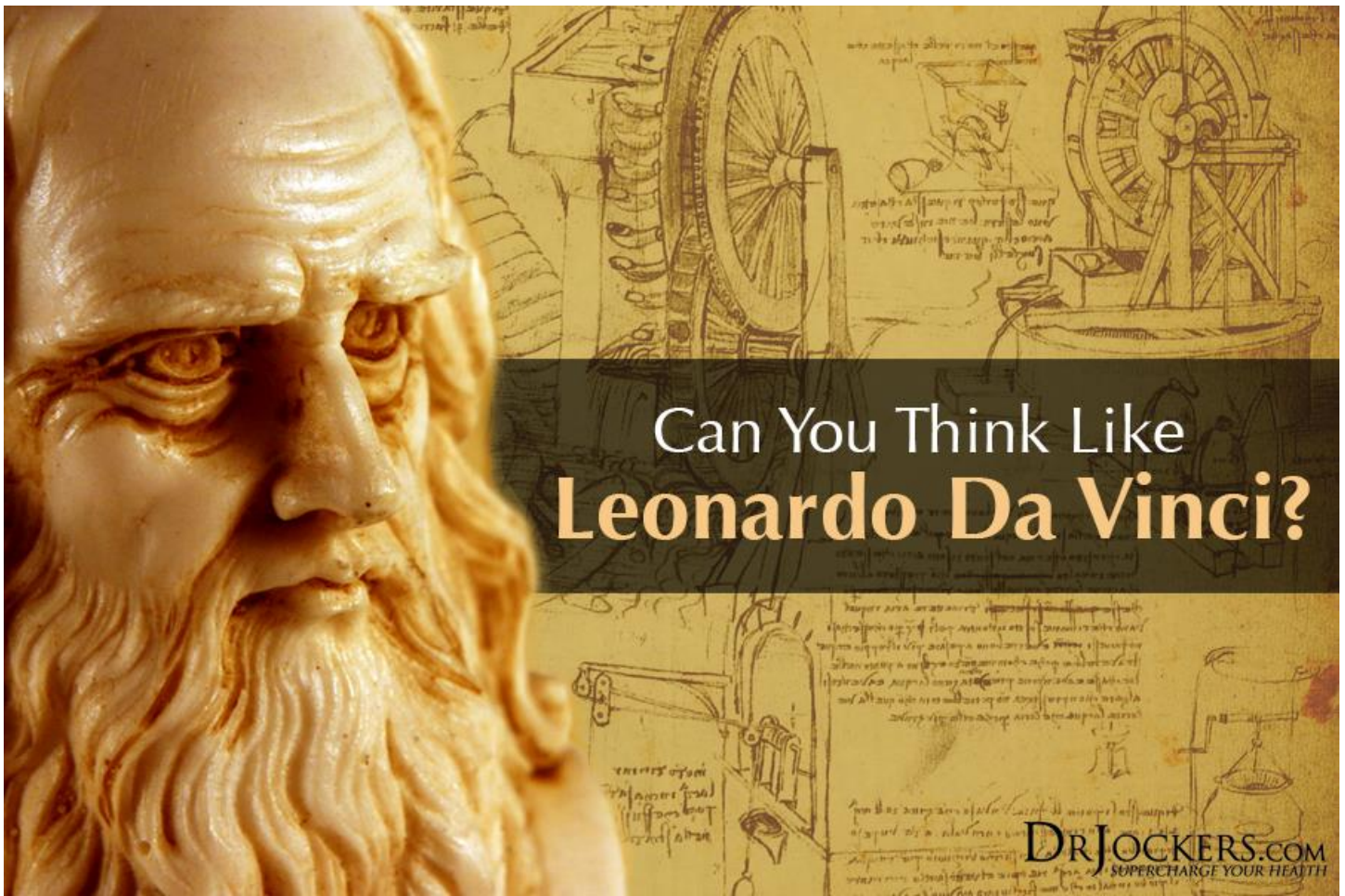
This is a study guide for life, as we can all continually grow and adapt in these areas to give ourselves greater mental clarity, depth of thought and speed of learning at anything we put our minds too.

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*This information is based on Peer Reviewed published studies and all references can be found on DrJockers.com



How to Think Like Leonardo Da Vinci:

Leonardo da Vinci was a true Renaissance man and had one of the most well developed brains on the planet. He was an accomplished scientist, mathematician, engineer, anatomist, painter, sculptor, inventor, botanist, musician, writer and botanist.

Acclaimed author, Michael Gelb, wrote the profound book called “How to Think Like Leonardo Da Vinci,” in which he discusses unique strategies that Da Vinci practiced in order to improve his skills and intelligence. Gelb discusses in this book how human beings are gifted with an almost unlimited potential for learning and creativity and uses Da Vinci as our genius guide to show us how to unlock our dormant potential.

Da Vinci used novelty and specific brain training techniques in order to enhance his brain and develop skills in a wide variety of areas. In particular, he focused on each of the intelligences explained in this booklet, which allowed his brain to develop in a profoundly versatile and fluent way, giving him remarkable abilities to excel in a wide variety of subjects.

The Seven Da Vincian Principles:

Da Vinci left these seven principles for thinking and experiencing life at a higher level. These are characteristics we can all continue to develop throughout our lives.

Curiosity: An insatiably curious approach to life and an unrelenting quest for continuous learning.

Demonstration: A strong commitment to test your knowledge through hands-on experience, persisting through struggles and failures and a willingness to learn from mistakes.

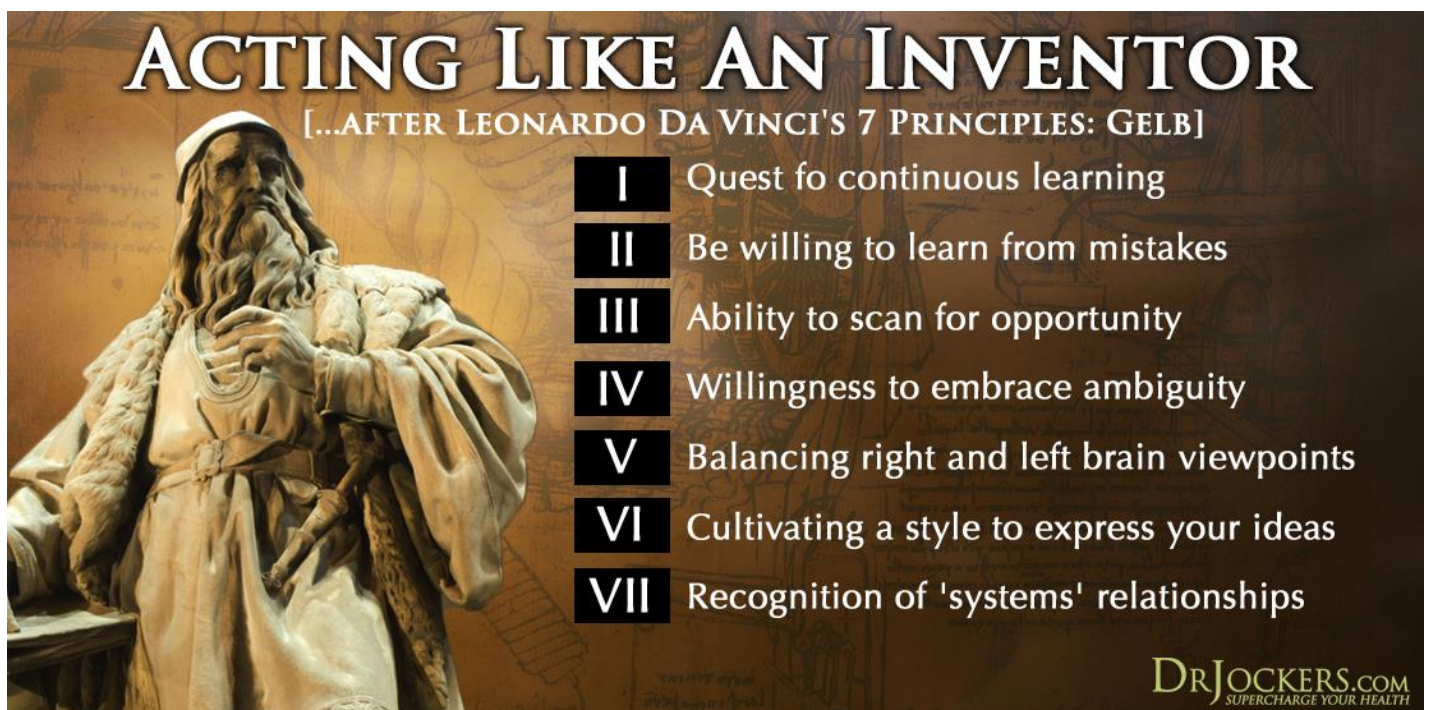
Sensation: A never ending refinement of all of our senses, (taste, touch, smell, hearing and vision), especially sight as a way to experience life at a deeper level.

Smoke: Becoming open to all possibilities. This refers to a willingness to embrace ambiguity, paradox and uncertainty. This is a deeply vulnerable place but it also opens and expands our minds beyond the limitations we place upon ourselves.

Art and Science: This is whole brain thinking that develops a balance between logic and imagination, science and art.

The Body: The development of fitness, health, grace and poise. Balancing the brain and the body and enhancing the bodies characteristics to allow it to grasp more skills. This included developing a level of ambidexterity.

Connection: Seeing and appreciating the underwoven interconnectedness of all things and phenomena. We call this today, “systems thinking.”



ACTING LIKE AN INVENTOR

[...AFTER LEONARDO DA VINCI'S 7 PRINCIPLES: GELB]

- I Quest fo continuous learning
- II Be willing to learn from mistakes
- III Ability to scan for opportunity
- IV Willingness to embrace ambiguity
- V Balancing right and left brain viewpoints
- VI Cultivating a style to express your ideas
- VII Recognition of 'systems' relationships

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Strengthen Your Brain with Neurobics:

Neurobics is a term that was described by the late neurobiologist Lawrence Katz and Manning Rubin in their book, *Keep Your Brain Alive*. It refers to the physiological effects of unique and non-routine ways of thinking and moving and their effects on the brain. Practicing neurobics on a regular basis can strengthen your brain and improve your mood, memory and mindset.

Routine activities become so automatic in the brain that they require less brain activity. Unique activities produce more neurotransmitters and have a greater effect on altering and strengthening neurons and synaptic connections.

Neurobic exercises must be different than typical activities that you do and they can incorporate all of your five senses. These are practices that many of the most famous geniuses of society practiced to heighten their senses and sharpen their brain function.

Neurobic Exercises

Neurobic exercises must be different than typical activities that you do and they can incorporate all of your five senses. Examples of such include:

Writing or using a utensil with your non-dominant hand

Walking down your hallway with your eyes closed

One leg balancing exercises

Spend time outside smelling all the plants and flowers

Eat foods with lots of colors to stimulate your visual senses

Feel the texture of different objects like rocks, shells, etc.

20 Great Neurobic Exercises to Use

Try doing a few of these each day to improve your mood, memory and learning ability.

- 1) **Use a Variety of Essential Oils** – Not only do essential oils have tremendous health benefits but the powerful scents will increase olfactory sensations which go right to the cortex and will drive up Brain Derived Neurotropic Growth Factor (BDNF) production for higher cognitive activity. BDNF stimulates the growth and development of new neurons.

- 2) **Use Your Non-Dominant Hand:** Brush your teeth with non-dominant hand. This repatterns your somatosensory function, causing large releases of BDNF in the parietal lobes of your brain and surrounding cortex.
- 3) **Look at Various Colors:** Surround yourself with lots of different colors. This will stimulate the vision centers of the brain and help to simulate BDNF for learning and development.
- 4) **Try a New Instrument:** Play a new musical instrument to stimulate both kinesthetic senses as well as auditory learning. This is a fantastic way to challenge the brain to grow and develop. You can also focusing on listening deeply and intently to something new, this will stimulate Neurotrophin-3 (NT-3) protein production for improved auditory ability.
- 5) **CrossWord Puzzles and Board Games:** Do a crossword puzzle or play a board game. This forces you to think in new and novel ways. Some games force you to think very quickly, while others depend upon creative thinking which enhances BDNF production and neurogenesis.
- 6) **Walk Barefoot:** Walk barefoot outside and pay attention to the unique feel of the rocks and ground with your feet. This gives kinesthetic sensations that are new which enhance your brain development.
- 7) **Sit Outside and Journal:** Sit in a park and journal about all the unique sounds and smells you are experiencing. The more you can concentrate on new sounds and smells, the more well-rounded and developed the brain has the potential to be.
- 8) **Recite a Speech:** Recite a speech out-load while pacing with your eyes closed. This is a technique that most professional speakers have been doing for years. This activates multiple senses and helps drive up BDNF for both short and long-term learning patterns.
- 9) **Try a New Food or Dish:** Try a new, healthy dish with unique flavors you are not accustomed too. It is important to slow down and take your time to savor the dish rather than just consuming quickly. This will help to challenge Neurotrophin 4/5 and BDNF as you will be sensing new textures, tastes and smells.
- 10) **Writing Instead of Typing:** When you write by hand, you activate more of your brain than you do when you type. This can help you learn material and remember to do items more effectively.
- 11) **Time Your Activities:** We all can be easily distracted and many have a lot of time staying focused. Timed activities force the brain to pay attention, work fast and carefully. Play games or work on projects with a timer and do your best to accomplish your goal before the timer goes off.

- 12)Meditation:** Studies have shown that those who practice meditation have bigger brains, experience less neuronal decay and improved mental activity than others their age. This may be the best way to enhance the production of neurotrophic growth factors in the brain.
- 13)Laughter:** When we laugh, we active the ventromedial prefrontal cortex and other regions of the brain where dopamine is released. Dopamine sensitivity is key for healthy cognition, learning, memory, mental drive, focus and attention. Yes, regular laughter can help you learn and produce at a higher level!
- 14)Gratitude List:** Gratitude helps improve neuronal firing and improves Neural Growth Factor (NGF) production and our ability to tolerate and adapt to stress. It also helps to rewire our brain to see things from an optimistic point of view, which reduces stress hormones and improves endorphin production and endorphin sensitivity in the brain cells, allowing us to feel good more often with less overall stimulus. Who wouldn't want that?
- 15)Teach Others:** When you teach a particular subject to another person it enhances your brain development and improves both short-term and long-term memory. After you learn something new, your goal should be to immediately try to teach it back to someone else to enhance the memory centers. This activity boosts the energy and activity of the entire brain.
- 16)Practice the Mozart Effect:** Classical music stimulates the brain more than any other type of music according to the latest research. Mozart's work has shown the highest degree of activity, in particular the Sonata for Two Pianos in D Major and Piano Concerto No 23).
- 17)Close Your Eyes:** If you have good balance, try doing things with your eyes closed. It could be simple things like getting dressed or more complicated things like walking down a hallway (keep your arms slightly outstretched to catch yourself if needed).
- 18)Try a New Hobby:** Hobbies that depend upon the use of more than one sense are the most Neurobic. They enhance the communication pathways between our senses. This could be things like gardening, sports activities, dancing, horseback riding, playing with your pets, etc.
- 19)Rearrange Your Home:** Try moving around some furniture, change up your office, etc every month or 2. This practice reactivates spatial forces in your visual and somatosensory areas as you readjust your mental maps.
- 20)Go Some Place New:** Visiting a new store, a new town or city or a new turn on your daily walk will cause increased neuronal activity and stimulate more neurogenic effects. Ideally, do this when you have spare time so you can take the time to absorb the new location with all of your senses.

'Neurobic' Exercises

Activities that shake up your routine and use your senses in unusual ways can help to make your brain more agile and flexible.

Here are just a few:



1.

Morning Roulette

Brush your teeth, or do any daily activity like shaving or styling your hair, with your nondominant hand.



2.

Ongoing Chess Game

At the office, leave a chess board out so that any worker can come along, assess the situation, and make a move anonymously.



3.

Visit a Farmer's Market

Relish the diversity of shapes, colors, aromas and tastes.



4.

Close Your Eyes and Open Wide

Identify food on your plate only by smell, taste and touch.



5.

Introduce Novelty

Take a different route to work, or as you walk your dog; try a different breakfast regime or switch places at the table.

Theory of Multiple Intelligences:

Everyone on the planet has a high level of intelligence, but often it is in areas that aren't easy to observe or are not tested in a typical business or academic setting. Here are the various categories of intelligence according to the theory of multiple intelligences.

- 1. Musical Intelligence:** The ability to pick up harmony, beats and rhythm. Some people are so musically talented that they can pick up a new instrument and play well after only a few hours of training.
- 2. Visual-Spatial:** This is the ability to learn through visual perception and understand where we are in space (depth perception) and to be able to visualize with the mind's eye.
- 3. Verbal-Linguistic:** This is the ability to use language effectively. These people pick up reading, writing and speaking more effectively than others.
- 4. Logical-Mathematical:** This is the left brained, logical, reasoning and critical thinking area. Lawyers, accountants, scientists all work this area of their brain intensely
- 5. Bodily-Kinesthetic:** This is the ability to control our bodily motions and the capacity to handle objects with skill. Individuals with great intelligence in this area are athletes, dancers, martial artists, etc.
- 6. Interpersonal:** Individuals who have high interpersonal intelligence are characterized by their sensitivity to others' moods, feelings, temperaments and motivations, and their ability to cooperate in order to work as part of a group.
- 7. Intrapersonal:** This area has to do with introspective and self-reflective capacities. This refers to having a deep understanding of the self; what one's strengths or weaknesses are, what makes one unique, being able to predict one's own reactions or emotions.
- 8. Naturalistic:** This area has to do with nurturing and relating information to one's natural surroundings. Gardeners, wilderness guides and individuals who work with animals and in nature tend to be strong in this area.
- 9. Existentialist:** The capability to see how something relates to the big picture. Philosophers, politicians, business leaders, pastors and religious authorities tend to be strong in this area.



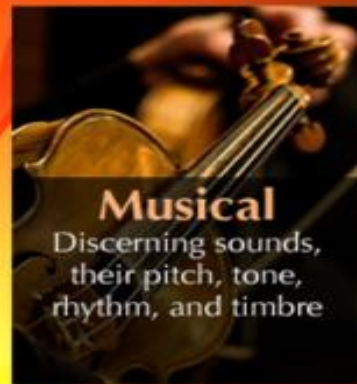
THE TYPES OF INTELLIGENCE



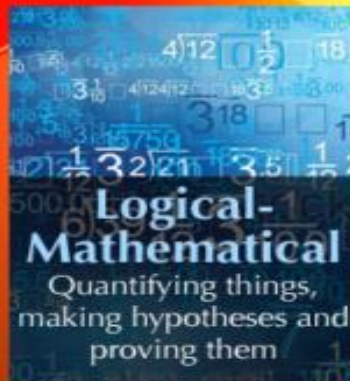
Spatial
Visualizing
the world
in 3d



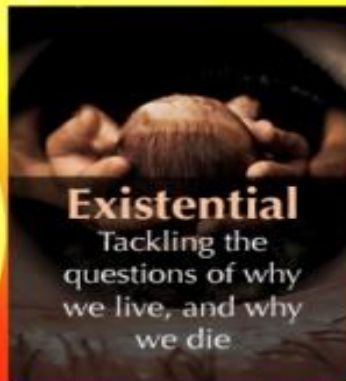
Naturalist
Understanding
living things and
reading nature



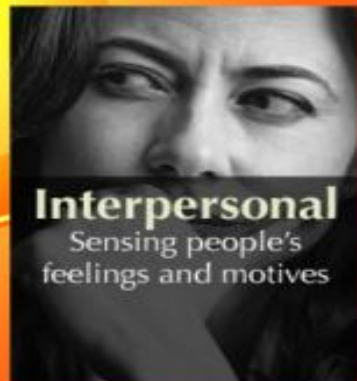
Musical
Discerning sounds,
their pitch, tone,
rhythm, and timbre



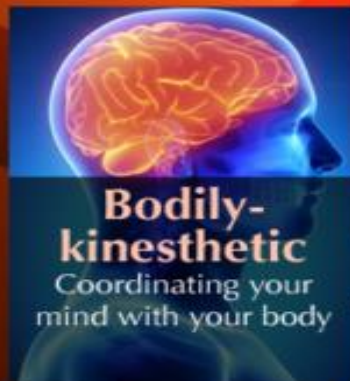
**Logical-
Mathematical**
Quantifying things,
making hypotheses and
proving them



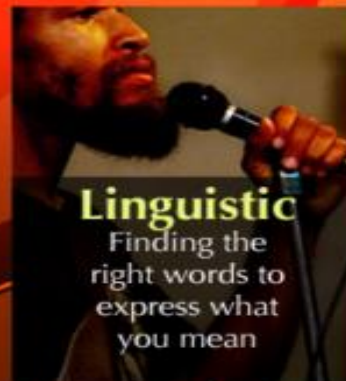
Existential
Tackling the
questions of why
we live, and why
we die



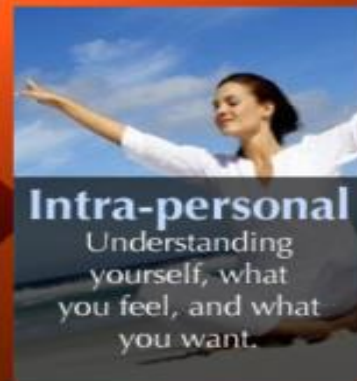
Interpersonal
Sensing people's
feelings and motives



**Bodily-
kinesthetic**
Coordinating your
mind with your body



Linguistic
Finding the
right words to
express what
you mean



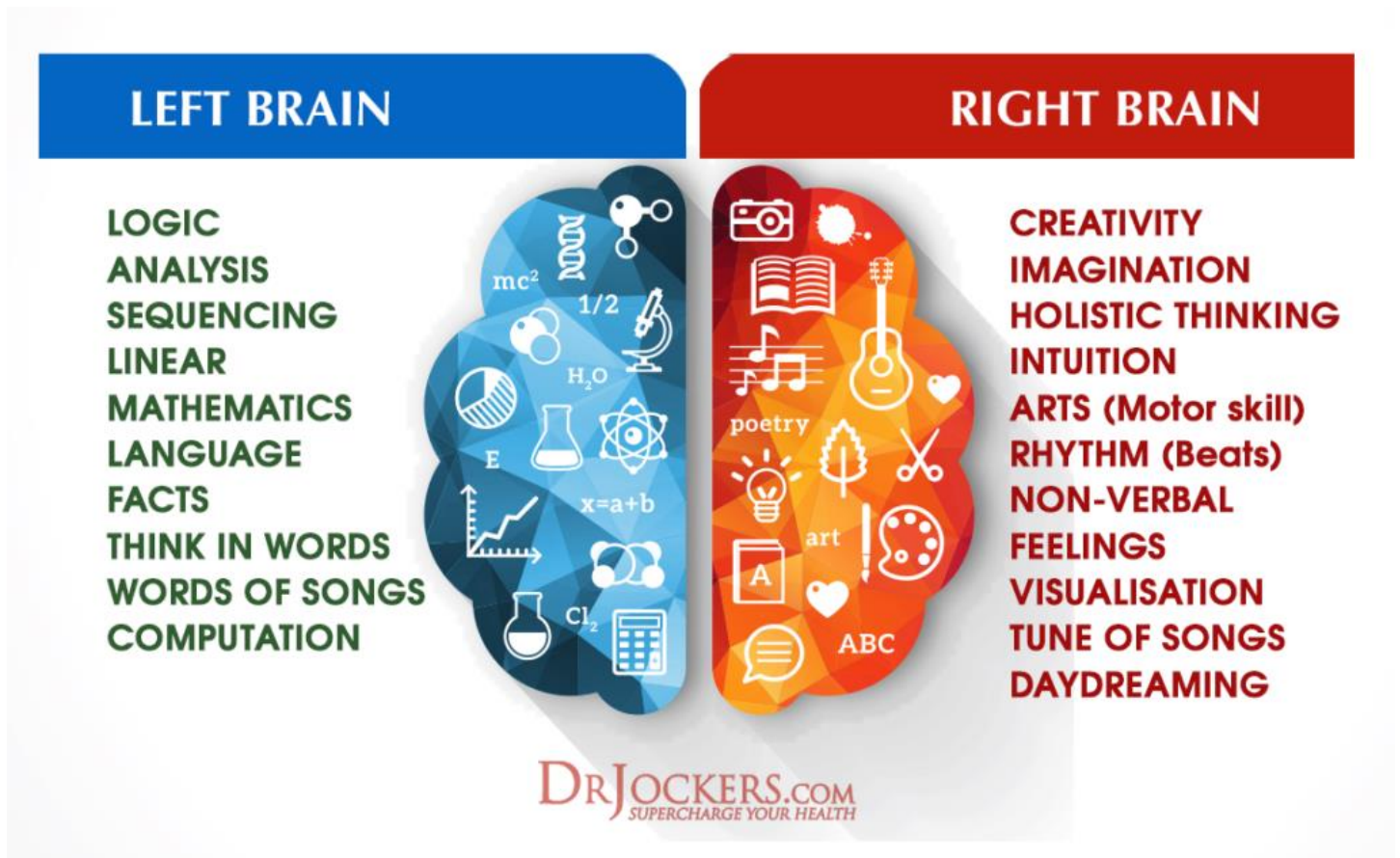
Intra-personal
Understanding
yourself, what
you feel, and what
you want.

The Hemispheres of the Brain:

Our brains are split into 2 hemispheres, a right side and a left side. The left side of the brain for most individuals is where the language centers are and it is involved with logical thinking, analysis and accuracy.

The right brain for most individuals is more abstract and focuses on visual understanding, aesthetics, feeling, emotions, creativity and imagination. In general, grade school tends to favor the use of the left brain while downplaying the right brain activities.

For a small percentage of people, roughly 10%, their language center is on the right side of the brain and the roles are reversed. The majority of these individuals are left handed. But for this booklet, we will focus on the 90%, but if you are left handed, just reverse the roles and think of your left brain as the creative side and the right brain as the logical side.



Left Brain Activities:

The left side of the brain processes language and mathematics. Using puzzles and games will help to sharpen this hemisphere. As you try to solve a word puzzle or play a game like monopoly or charades, the left hemisphere ramps up activity trying to help you succeed. Logic oriented brain teasers and mathematical word problems are fantastic exercises for the left side of the brain.

Left Brain Exercises:

Keep a daily journal of your activities

Write for a blog/website or start writing your own book

Write for a magazine or newspaper

Leave meaningful comments on other blogs

Try to learn a new language

Read a book

Listen to lyrical music and try to remember and sing the lyrics

LEFT vs RIGHT
Brain Weakness

Symptoms of a Left Brain Weakness

- ▶ Poor reading
- ▶ Fine motor problems (handwriting, etc.)
- ▶ Poor spelling skills
- ▶ Poor letter recognition
- ▶ Poor auditory processing
- ▶ Poor verbal communication
- ▶ Delayed speech/articulation
- ▶ Poor memory for details/facts
- ▶ Task avoidance (especially with academics)
- ▶ Weak Immune response (gets sick often)
- ▶ Misses small details
- ▶ Poor math operations
- ▶ Poor self esteem
- ▶ Poor motivation

Symptoms of a Right Brain Weakness

- ▶ Hyperactivity
- ▶ Poor gross motor skills
- ▶ Awkward/clumsy
- ▶ Poor attention & focus
- ▶ Compulsivity, destructibility
- ▶ Unable to control emotions
- ▶ Poor non-verbal (communication)
- ▶ Inappropriate social behavior
- ▶ Autoimmunity, allergies
- ▶ Lacks interest in sports
- ▶ Misses the big picture
- ▶ Space invader
- ▶ Poor eye contact
- ▶ Anxiety

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Right Brain Activities:

The right brain is where the emotions, intuition and visualization centers are. We improve this part of our brain by exploring our creativity in these areas. The more we can do creative activities, the more we stimulate the right brain.

Right Brain Exercises:

Observing or creating art work

Mentally visualizing

Listening to non-lyrical music such as classical or meditative music

Making food with a variety of different colors and smells

Watching a creative movie

Doing anything creatively and imaginatively

Connecting Both Hemispheres:

There are a number of ways you can do things to activate both sides of the brain and have them work together. This is a great idea, so you have more balance in your brain.

We know that writing, analysis and drilling down skills is a left brain activity and that visual input, creativity and imagination are right brain activities.

Unique Writing Patterns: Study and change up your writing patterns. Write any word by hand and look at the shapes of the letters. The act of writing the word is a left brain activity.

Next, write the word while looking at something on the wall in front of you or look at yourself in the mirror. Next, write the word upside down or in reverse. This challenges your ability to visualize which is primarily a right brain activity.

Hemispheric Conversations: You can link your hemispheres by taking pencil or pen with your right hand and writing any short phrase or sentence. Then switch hands and write a statement in reply to this. Keep switching hands until you write a paragraph or a page.

Don't worry about neatness...this is just for you and it will help stimulate creativity. You will notice unique personalities come out as you switch hands. The left brain will help you assess your feelings and offer logical solutions to various problems and help you remember forgotten facts that were stored in your subconscious mind.

Meanwhile, your right brain will be activated when you use your left hand to write and will help stimulate your intuition and inspiration behind what you are writing. This will help you develop new and improved solutions that you may have never thought about before.

Move Differently: We all have set ways that we move our body and these are hardwired into our nervous system. Moving in pre-programed ways or moving in such ways that we have drilled into our physiology such as a specific dance or playing catch, etc. is primarily a left brain activity.

Moving in a new and unique way requires more imagination and right brain activity. Learning new dance steps or a new exercise are great ways to activate the right brain. Here are some other ways:

Try a new sporting activity

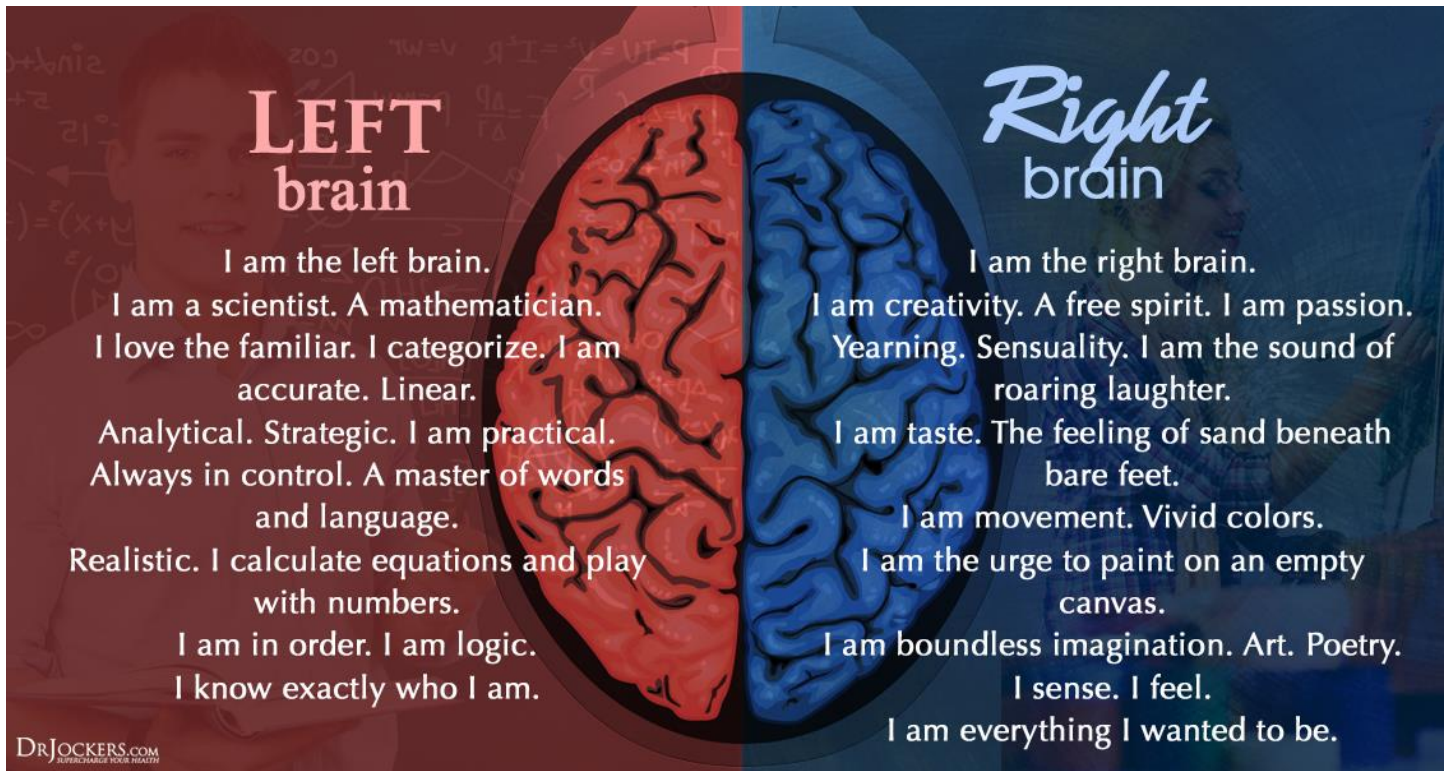
Take a new dance class

Try balancing on one leg

Writing or using a utensil with your non-dominant hand

Walking down your hallway with your eyes closed

Feel the texture of different objects like rocks, shells, etc.



Improving Your Intelligences:

Here are some daily or weekly exercises you can do to improve various areas of your life in relation to the theory of multiple intelligences.

In each category, I give you some right brain and left brain examples and what we call a *Power Neurobic*, which links both sides together.

Some of these areas are easier to understand train than others. A great practice would be to first balance out our strengths and then train up our weaknesses. Many of these exercises are simple and can be done in a minute.

Musical Intelligence:

This has to do with the ability to pick up harmony, beats and rhythm.

Right Brain: Listen to classical or meditative music without word lyrics and/or play an instrument

Left Brain: Listen to lyrical music or sing or hum a song

Power Neurobic: Learn a new instrument or how to sing a new song

Training and improving your musical intelligence helps us to understand rhythms and beats and can provide more harmony and happiness in one's life.

Visual-Spatial Intelligence:

Visual intelligence tends to be more of a right brain activity but if you add in an analytical quality to it, it will tie in more of the left brain.

Right Brain: Visualize activities that will take place throughout the day or be creative and allow your mind to visualize random activities.

Observe artwork and make food with a variety of different colors

Play a game of checkers or chess where you have to visualize moves ahead of time

Left Brain: Do mathematical calculations in your mind or memorize a speech, quote or phrase. Study a map so you can see where in relation different landmarks are and plan out how you are going to get from point A to point B.

Power Neurobic: Eat foods with lots of colors or look at a unique piece of art to stimulate your visual senses and discuss with a friend or journal on your own what the colors reminded you of from your past.

Training and improving your spatial intelligence can help improve many areas of your brain including memory, cognitive ability and thinking. People who can visualize solutions or patterns to solving a problem have a distinct edge over people who have to have everything laid out before they can try to find a solution.

Verbal-Linguistic Intelligence:

Verbal-linguistic activity is more of a left brain activity, but if you add in more imaginative thought than you will enhance right brain activity.

Right Brain: Journal about a place you want to travel too, an activity you want to experience or write out a fictional story. You can also read a story book. Remember, the more imagination you use, the more of your right brain you will activate.

Left Brain: Memorize a speech or a quote and say it out loud to yourself or in a performance. Read an educational book and try to memorize and recite back facts and details that you learned. Plan out a strategic action plan for your day.

Power Neurobic: Play a game with a friend where you each tell a story one sentence at a time. So you come up with the first sentence and then your friend comes up with the second sentence. Try to be real creative and imaginative with this. It is a lot of fun and powerfully stimulates both sides of the brain.

Training up your verbal linguistic intelligence is one of the best ways to succeed, and will quickly put you in leadership positions in life as you will be able to communicate with intelligence, imagination and confidence.

Mathematical – Logical:

Right Brain: Play a card game which depends upon your brain doing mental math in an unpredictable way.

Left Brain: Work on your financial budget or balance your checkbook.

Power Neurobic: Create a number sequence using multiples and recite it forwards and backwards and link each number to something meaningful in your life.

1 –represents my one life partner 4- represents my 4 siblings 7 - represents 7 days in the week. 10 - represents the 10 commandments 13 - represents Friday the 13th...etc.

Individuals with mathematical-logical intelligence are great engineers, accountants, physicists, mathematicians, investment bankers and lawyers. These individuals are responsible for the technology that allows us to travel, use technology and manage our finances.

Bodily – Kinesthetic:

This includes doing all kinds of motions with your body including playing sports, dancing and even playing charades.

Right Brain: Think about using your body in creative and imaginative ways. Playing charades, free style dancing, acting, trying a new food or taking time to fully appreciate all the flavors in a specific meal you are consuming.

Left Brain: Do drills on a specific sports skill like hitting a golf ball or a baseball off of a tee. Playing catch or fielding ground balls. Dribbling or shooting a basketball. Practicing a martial arts move or a specific dance move.

Power Neurobic: Play a sports game. Sports require left brain analytical thought and specific drills you may have practiced, but they also require creative and imaginative thought and the ability to respond creatively to various activities in the game.

Another simple idea would be to do some sort of drill activity with your non-dominant hand as this would activate both sides of the brain. It could be bouncing and catching a tennis ball or combing your hair.

Bodily -Kinesthetic individuals are great athletes, circus performers and dancers. Their skills help provide one of the favorite forms of entertainment for our society with sporting events and human feats of awe.

Interpersonal Intelligence:

This has to do with how we relate and communicate with others and their feelings, emotions and values.

Right Brain: Listen to someone tell a story or explain their circumstances and try to visualize what they are saying in your brain and feel their emotions. This will enhance right brain activity and cultivate empathy and interconnectedness.

Left Brain: Socialize and talk with others. The act of talking and listening is left brain.

Power Neurobic: Have deep conversation with people, where you take time to actively listen and are aware of their word choice and emotions around the circumstance while visualizing in your mind what they are talking about. Then repeat back to them what they said with the words they used while feeling the emotions and seeing the circumstances.

This power neurobic will not only enhance our brain but will deepen our relationships!

Interpersonally intelligent individuals have developed the ability to have deep and intimate relationships with the people in their lives. They are respected and loved deeply by the people in their lives due to their ability to connect on an intimate level.

Intrapersonal Intelligence:

This has to do with how well you know yourself, your own values, beliefs, feelings and attitudes. The philosopher Socrates said, "First, know thyself," and was referring to developing intrapersonal intelligence.

Right Brain: Visualize in your mind where you want your life to go and what you want your future to look like and to feel like. Visualize past experiences and they have imprinted upon your values, beliefs and feelings.

Left Brain: Create a personal development plan that you physically plan and write out on paper with different skills you want to learn to enhance certain strengths and weaknesses.

Power Neurobic: Journal about your experiences from the day discussing concepts and how they relate to your values, beliefs and feelings.

Give yourself a pep talk, using descriptive words to define and uplift you while visualizing what these words mean to your past, present and future.

Intrapersonally intelligent individuals know themselves well and typically have a strongly defined path in life because of this. These individuals are great at examining where they need to improve in areas of their life and continually make small adjustments to improve their character, life skills and relationships.

Naturalistic:

The naturalistic intelligence is typically more right brained, because it is very intuitive and visual. However, if you are planning out a garden or building a fire, etc. then there is an analytical component that brings in the left brain.

Right Brain Activity: Go for a hike, a bike ride or a run on a nature trail. Have a picnic outdoors, relax and sunbathe or swim in the ocean. You can also take time to smell all the plants and flowers. The act of taking in the smells and fully experiencing them is a right brain activity.

Left Brain Activity: Do something outdoors that takes planning and analysis. This could be mowing the lawn, gardening or building a tree house.

Power Neurobic: Go to a new place outdoors that is full of fresh sights, smells and sounds and read a good book or write in your journal about what you are smelling, seeing and hearing.

Individuals who are naturalistically intelligent are great outdoors people, fantastic with animals and are very self-reliant in that they can grow their own food and navigate the wild effectively. They often display a level of peace that comes with spending a lot of time in nature.

Existential Intelligence:

This is a deep philosophical and often spiritual outlook on life that looks at what the happenings in life mean to the world as a whole.

Right Brain: Consider in your mind thoughts such as the following:

What is the meaning of life? How did we get here to begin with and why do we die?

What did I learn today and how does that fit into the world as a whole?

Try to look at circumstances such as politics, religion, disagreements from multiple points of view. See all sides and perspectives of a circumstance.

Left Brain: Journal and physically write and put into words the deep questions above.

Power Neurobic: Pick a random quote, scripture or perspective on life you haven't considered in the past and write about it. Try to view the topic from every possible angle, based on how someone would perceive it who grew up in an entirely different culture and background, etc.

Existentialists are great leaders because they can see the big picture of life. They often set the direction for various industries, make great politicians and spiritual leaders.

Conclusion:

We can all continue to improve our intelligences in all of these areas throughout our lives. These tips are practical strategies to boost your brain power and overall intelligence.