



# **IQ Intelligence: How to Raise Your IQ - Tips and Tricks to Boost Your Numbers Quickly!: Genius IQ Intelligence From Simple Techniques! (Productivity & Success Book 5)**

*Clive Dean, IQ Intelligence Photography*

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Boost your intelligence and raise your IQ quickly and easily!

Your IQ is something that follows you for life and when you take the test, the numbers are going to affect you in a number of different ways. Not only can it make a difference in your ability to get into the school of your choice, it may also affect you later in life when it is time to get a job. With this publication by your side, you have the opportunity to raise your IQ quickly, easily and permanently.

Throughout the pages of this publication, you will learn the factors necessary to raise your IQ by at least one standard deviation (15 points). From understanding the basics behind the IQ test to learning how to build your memory through games, it will all be discussed in easy-to-understand language. We will also discuss the following items in detail...

1. Getting Smarter Every Day – If you are ready to raise your IQ, this chapter is the first step in doing it successfully.
2. The Benefits of Intelligence – There are many benefits to being intelligent, some of which are obvious and others that are more obscure.
3. What Is Your IQ? – Do you understand the background of the IQ test and what the numbers actually mean? This chapter explains it in plain detail.
4. The Impact of Health on the IQ – One of the most important things to keep in mind when trying to improve your IQ is your general health.
5. How to Improve Your Memory – There are many ways to improve your memory and we will discuss the top choices in this chapter.
6. The Relationship between Intelligence and Your IQ – Is there a true relationship between intelligence and your IQ? The surprising answer is found here.
7. Improve Your IQ with the N-back Procedure – Similar to the game “concentration”, this procedure can improve your short-term memory and your level of intelligence quickly.
8. Improve Your IQ with the Relational Skills Training – This additional type of training can also go a long way in raising your IQ several points.
9. Limiting the Effect of Stress on Your Brain – Both short-term and long-term stress can have a negative effect on your brain and limit your ability to improve your memory.

10. Using Language to Build Your IQ Numbers – When you build up your knowledge and use of your own language, it will improve your IQ significantly.

11. Building Your Brain with Games – Use these games and more to unlock the mind and build intelligence.

And much, much more...

Building your IQ now can help you for the rest of your life. With this publication at your side, you will find that building your IQ is not only possible, but that it is easy.

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