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



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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 one of the most important cognitive breakthroughs in recent years - a vital new approach to making your brain stronger, smarter and faster.



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