1.Superstitions.

- Hello, long time no see. You are fine, are not you. I heard you are a very superstitious person, so I am writing this email about to share with you some tips and solutions to not go to too deep superstition.

- Oh no, I'm not a superstitious person. But there are a lot of people around me who are superstitious. The superstition is to believe in too, blindly in mystical things, divine things, devils, ... without considering carefully. Today, when society is growing, many problems arise in society, have rich people are poor, real-fake, right -sai, black and white. Instead of trying to strive to succeed, struggle against the evil, dark, some people expect things that are not really contrary to science. It is said that supernatural forces can grant their requests. Many people because they are too devoted into these things, but have spent many money on superstition games. I think we need social solutions and knowledge to be awake, not entangled in these badgins such as: We need to know how to cultivate morality and cultivate knowledge. Propagating the lessons elimination of superstitions to everyone around. We need to believe in our power, don't expect supernatural forces that we can't see.

- All in all, I hope you will be less superstitious when you read this letter. Hope you reply to my letter as soon as possible.

3. IQ and EQ and your success.

- So far, IQ and EQ have always been used as a comparison table. So, what are the essential ingredients for your future success? Is it possible to develop both IQ and EQ?

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2. A phobia: effects and solutions.

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5. How to boost your intelligence.

- The brain is the window to our soul. if the brain does not absorb new things, it will reduce human intelligence and make people stupid. Therefore, when we want to improve our intelligence, we should rely on the following reasons.

- First, we should not too depend on technology equipment. Technology equipment supports us a lot in everyday life. But if we depend too much it will make our brain stop working. For example: When you go to the market for money, you should calculate yourself instead of using your phone or a computer to calculate or when we go on the way we go to the map or ask the pedestrians instead of watching the portable map.

- Second, exercise regular and moderation help to increase intelligence and relax the mind.For example, when stressed about something, we can stand up for a moment and take a short walk in the hallway or just close your eyes, relax your muscles and breathe deeply.

- Finally, to improve intelligence, experts recommend that we eat good food for the brain such as meat, fish, milk, smoothies and sleep enough to have a better brain to work.

- In short, you should let your brain absorb new things to develop intelligence. It also helps us to have a better life and helps us think well in all situations.

4. How you produce your best work.

- Doing the best job is not easy. It takes effort, and it will likely stretch my(your) abilities to the limit. But it's worth it, because produce my(your) best work can give me(you) opportunities that I(you) wouldn't otherwise have. The following tips can help you stay focused.

- Firstly, we must challenge yourselves so that when faced with a boring or difficult problem at work, we will not easy to lose concentration and make mistakes. For example, we turn our work into a game to stimulate blood flow and making it easier for you to focus on the job at hand.

- Second, we can take a breather to relax our minds to help us focus more on work.for example, when stressed about something, we can stand up for a moment and take a short walk in the hallway or just close your eyes, relax your muscles and breathe deeply.

- In the end this advice is quite important. We should switch to 'no internet' mode to avoid concentration kills. Just one click to watch news or watch movies. ( For example:) As a result, your productivity is affected. Therefore, I recommend that you arrange a reasonable time to have a productive working day.

- In conclution, produce the best work really isn't easy. We need to make great efforts and focus, don't let unnecessary things demoralize us.