

We know you lead a busy life, full of activities, many of which are required of you. Tell us about something you do simply for the pleasure of it.

Intro: Introduce the reader to what I do in my spare time - Playing chess

BP1: Increases your IQ, helps your memory

BP2: Prevents Alzheimer's, increases your attention span

BP3: Hard to master, have to learn it from a young age to be good

Conclusion: Restate the thesis

While others might do ~~something~~ ^{may} else in their free time, I enjoy chess for various reasons. Chess is probably the most effective brain-training game. It increases your IQ, helps your memory, prevents Alzheimer's, and increases your attention span.

Playing chess can help your brain increase its IQ. By playing chess, you challenge yourself to think logically and strategically. It encourages problem-solving, decision-making, and critical thinking. It also helps you understand patterns and sequences. As a result, it helps the brain become more efficient at processing information and making complex decisions. This wonderful game also enhances your memory. This is because it forces you to remember various pieces, how the pieces move, and possible strategies. Therefore, you memorize and recall information faster.

As well as improving your brain, chess can also help prevent diseases of the brain, such as Alzheimer's disease. For example, a study published in the New England Journal of Medicine found that individuals over 75 who regularly played chess were up to 35% less likely to develop dementia when compared to people who rarely or occasionally played board games. This is likely because chess involves a lot of problem-solving, which strengthens the connections between neurons in the brain and helps keep it active. In addition to that, playing chess regularly will enhance your ability to focus. One example of this is blindfold chess, which involves playing chess without sight of the chessboard or the pieces which is an ability that shows the cognitive abilities of chess players.

Despite this, some people say that chess isn't the best game to take part in. The skill of mastering it can be difficult for some people. Mastering chess is difficult due to its high concentration and strategic thinking requirements. It may also be because, unlike other games, it is a game of pure skill and does not involve luck. As such, it can be challenging to stay focused and motivated while playing. To be good at chess, you have to start playing at a young age. People who have not been exposed to the game at an early age might find it difficult to pick up the skills. For example, many grandmasters started playing chess as young as five or six years old and have developed an automatic understanding of the game's strategies and principles. Additionally, it can be difficult to find opponents with equal skill levels, making it difficult to improve. For instance, it can be difficult for a beginner to find someone to play with who is not too advanced, or for an advanced player to find someone to play with who is not too much of a beginner.

I recommend writing
in first person.