

# 《INCREASE YOUR BRAINP》

## 图书基本信息

书名：《INCREASE YOUR BRAINPOWER 增加您的脑力-改进您的创造性记忆，精神敏捷性》

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## 内容概要

Despite the enormous capacity of the human brain, we only utilise on average two per cent of our potential brainpower. There is therefore enormous potential for us to expand our brainpower considerably and regular testing is a key method of doing just that. Included in this book are literally hundreds of completely new tests designed to give your brain a complete workout. Numerous puzzles and tests cover the areas of creative thinking, memory, logical thought, mental agility and intelligence. Also included is a hints section, as well as the actual answers. Some of the questions are designed for you to test yourself against the clock. All questions are designed to increase your brainpower. Use this and other books in the IQ Workout Series as a fun and informative way of testing, assessing, and expanding your brainpower! These books are suitable for anyone from 18 to 80 who wants to put themselves to the test. Ken Russell and Philip Carter have written nearly 100 books on all aspects of testing, puzzles and crosswords.

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## 书籍目录

Introduction. About the Brain. Creativity. Memory. Mindstretchers. Agility of Mind. Intelligence Tests. Hints. Answers.

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