



# The Smart Habit Guide: 37 Small Life Changes Your Brain Will Thank You for Making

*I. C. Robledo*

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## LEARN - The Smart Habits You Need to Improve and Exercise Your Intellect

*Are you interested in habits you can use every day to benefit your mind? Do you feel that you could use more intellectual challenge in your life? Are you interested in learning about smart habits that you can implement to get more results in your life?*

If so, then this could be the right book for you.

**"The Smart Habit Guide" is all about simple, easy-to-use, and effective smart habits.** I have discovered these habits through observation and also through questioning smart people in my life. Now I want to share them with you.

## START NOW - Develop Smart Habits and Take Your Mind to Another Level

If you sometimes feel a bit slow, unmotivated, or like you have gotten intellectually lazy and you just want the answers to come to you, this book can help you adopt better habits in your life.

I first came to the powerful realization many years ago that what separates the smart from the not-so-smart isn't beyond our control. It all has to do with the habits that we choose to implement every day of our lives. When you adopt the right habits, you will be much better prepared to improve your mind, and increase your abilities.

Sure it may take some hard work and time to get results. **The beauty of "The Smart Habit Guide" is that it specifically spells out the habits you need to improve your intellect.** The guide will show you clear examples on how to apply the habits in your own life. All you need to do is learn what they are and put them to use in your own life.

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**These are some of the habits you will find inside:**

- Learn and practice speaking a new language (#5)
- Change up your routines (#13)
- Conduct thought experiments (#15)
- Remember your day (#25)
- Think ahead and have backup plans (#35)
- **37 total smart habits inside!**

## **To Learn More About How to Implement Smart Habits in Your Life...**

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Playing with family in the park, coming to see the coastal world or hanging out with close friends is thing that usually you have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love The Smart Habit Guide: 37 Small Life Changes Your Brain Will Thank You for Making, it is possible to enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout people. What? Still don't understand it, oh come on its referred to as reading friends.

#### **Donna Kerns:**

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