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## **Boost Your I.Q In Less Than 30 Days**

The same reason that people visit the gym on a regular basis, is probably the same reason you're interested in raising your IQ. We just aren't challenged enough physically or mentally. Setting aside time to work your mind out and organizing your various mental muscles can help you to be more creative, solve problems quicker and focus on the things you want. Contrary to what most people believe, brainpower goes beyond inherited genes. Scientists have proven that intelligence is a combination of both genes and environment. When laboratory rats were given more toys to interact with, they ended up having much smarter rats than the ones that did not have any toys. Studies have also shown that you can grow more neurons with a stimulating environment. The benefits of being mentally fit are very obvious. You'll be able to enjoy accelerated learning. If you're in high school, college or attend a university, you may find yourself having an easier time of your studies and your grade point average raising. You'll also find yourself being able to think logically more often. You'll be able to assemble a clear line of logic and reasoning that can help you make better decisions in life. Another benefit is that of increased creativity. Whether you're into music, art, writing or any other form of art, training your mind can definitely open the flood gates of creativity in those areas as well. In addition, your memory and focus will increase. Training with certain kinds of memory tools such as pegging and linking can help you uncover new ways to store information permanently and have an easier time of recalling things. Through meditation, your focus can improve greatly. You can start by meditating 10 or 15 minutes a day. Simply find a quiet place and sit or lay completely still, with eyes closed. Then, as much as possible, quiet your mind and focus on your breathing. If you're not used to doing this, it may be extremely difficult. That's ok. The more you do it, the easier it gets. As you stick with it, you'll notice some very big improvements of being able to hold ideas and imagines in your mind much longer and stronger. So how can you boost your IQ in less than 30 days? Here are the key secrets: 1. Write – when you write down your thoughts, it can be a great tool for you to reflect and make decisions. Some people use journals to write down their thoughts, others have simple notepads or notebooks. Simply writing what you think and feel can help you have a new perspective when you go back and read those words. 2. Meditate – as already stated, you can significantly boost your IQ through meditation. It may not seem logical, that you could boost your IQ by thinking about nothing at all, but it does help you bridge a connection from your conscious to your subconscious mind. And the subconscious stores every bit of data of our lives. Nothing is lost to the subconscious. 3. Be active – if you're not already active, start a regular exercise routine. Having a healthy body also affects the mind. 4. Have Hobbies – have a regular routine of doing things you love to do, whether it's fishing, bowling, bicycling, knitting, or reading a mystery novel. The more fun and passion you experience, the easier it will be to process and assimilate new information. 5. Read at least 15 minutes a day – Try to read at least 15 minutes a day. It may be hard to read if you're pressed for time, but 15 minutes is very doable by anyone of this day and age. 6. Think – involve yourself in documentaries, books, magazines or board games that make you think. Actively challenge your current assumptions. 7. Study IQ puzzles – visit your local book store and buy yourself a couple of IQ puzzles or crossword puzzles. Make sure you get ones that have the answers in the back so that you can work out any mistakes. Go over them again and again. It keeps your mind sharp. 8. Play competitive games like chess. You can log on to the Internet and play with other players around the world. You can also play billiards. 9. Walk in someone else's shoes – empathy goes along with IQ intelligence. By exploring someone else's perspective of the world can help you to think through other people's eyes. Although this is not a logical reasoning ability, it is an ability that can help you think out of the box when you're stumped on a problem. 10. Create something on a regular basis – find something you can create, whether it's writing an ebook, building a bird house, planting a flower, overhauling a car engine, or drawing a picture. Use your creative powers on a regular basis. 11. Conduct thought experiments – Ask yourself "what if" questions. Write them down and see how far you can take a certain question. 12. Break out of the routine – try to consciously break a routine, even if just for a short time. If for example you drive the same way to work every day, try a new route. If you sleep on the left side of the bed, sleep on the right side, or even the opposite direction. 13. Explore new cultures – seek different worldviews than your own. Meet people from other cultures and let them teach you about their food, language and traditions. 14. Learn outside of your usual interests – don't stick to the same old things. If you like rock music, try listening to rap or jazz. If you're into art or music, get into a programming language. 15. Use your brain more – Force yourself to use your brain more in everything that you do. In many cases its just having the intention to use your brain more that can actually give you surprising results. Logic, focus and creativity are a handful of mental muscles that you should be exercising on a regular basis. These techniques can definitely help you boost your IQ, no matter who you are. If you're looking to join a high IQ society, like MENSA, then are two ways to go about it.