

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

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As the title suggests, this is a volume of 37 habits that can be applied to make you smarter. The author's central premise is that smart people are smart not because they were born that way, but because they practice and apply smart habits that enable them to learn and accomplish things more efficiently.

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To be smart is great, but it doesn't happen overnight. If you want to become smarter, you have to create habits that will groom your intelligence and nourish your mind.

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1. Tame the " Go " system: Identify the triggers of habits, replace old behaviors with new ones and generate specific plans to deal with obstacles. 2. Harness the " Stop " system: Learn to deal with stress and other factors that hinder the development of new and positive habits. 3. Optimize your goals.

~~Smart Change: Five Tools to Create New and Sustainable~~...

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