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### Smarter: The New Science of Building Brain Power by Dan Hurley

The new study showed that people can increase their “fluid” intelligence through training. Hurley, who grew up to become an award-winning science journalist, first explored the topic in The New York Times Magazine. In Smarter, he digs deeper by meeting with the field’s leading researchers—and becoming a human guinea pig. After just three months of playing computer brain-training games, joining a boot-camp exercise program, learning to play the Renaissance lute, practicing mindfulness ...

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*Smarter: The New Science of Building Brain Power by Hurley ...*

Smarter questions our understanding of intelligence in this new age of brain-training games. From the traditional adage of "healthy body, healthy mind," to the latest advances in computerised brain training games, these blinks explore scientifically established methods of improving cognitive abilities.

**Smarter: The New Science of Building Brain Power: Hurley ...**

Expanding upon one of the most-read New York Times Magazine features of 2012, Smarter penetrates the hot new field of intelligence research to reveal what researchers call a revolution in human intellectual abilities. Shattering decades of dogma, scientists began publishing studies in 2008 showing that "fluid intel.

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The new science of building brain power may be said to have truly kicked off in 2002. In that year, Swedish psychologist Torkel Klingberg performed a study wherein he found that subjects diagnosed with ADHD improved in both attention span and general intelligence after undergoing a brain-training program that involved working-memory exercises (it was this very study that kick-started the brain training industry).

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