

**GUÍA DE HáBITOS INTELIGENTES: 36  
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**36** Pequeños Cambios de Vida que su Cerebro Agradecerá

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Si a veces se siente lento, sin motivación, y piensa que podría tener un mayor desafío intelectual en su vida, este libro puede ayudarle a aprender hábitos inteligentes que puede implementar para ejercitar su intelecto. Es importante reconocer que lo que separa a la gente inteligente de la gente que no es tan inteligente, no está fuera de nuestro control. Todo tiene que ver con los hábitos que elegimos cada día de nuestra vida. Cuando usted adopta hábitos inteligentes estará mejor preparado para mejorar su intelecto y sus habilidades. Puede requerir tiempo y esfuerzo el obtener buenos resultados. El atractivo de la “Guía de Hábitos Inteligentes” es que detalla específicamente los hábitos que usted necesita para mejorar su intelecto. Esta guía presenta claramente ejemplos sencillos, eficaces, y fáciles de utilizar. Asimismo, le muestra cómo aplicar los hábitos inteligentes en su propia vida. Todo lo que necesita hacer es aprender estos hábitos y practicarlos.

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