



BRAIN TRAINING

Limitless Brain Training
Strategies For Concentration,
Mental Clarity, Memory Improvement,
Neuroplasticity, And To Boost
Overall Mind Power!

R y a n C o o p e r

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Introduction

I want to thank you and congratulate you for downloading the book, “Brain Training: Limitless Brain Training Strategies For Concentration, Mental Clarity, Memory Improvement, Neuroplasticity, And To Boost Overall Mind Power! ” .

This "Brain Training" book contains proven steps and strategies to increase mind power through incredible brain training strategies for concentration, mental clarity, mental focus, memory improvement, and much more!

Most people don't realize the incredible power of the human brain and what it is capable of doing. But there is a catch, the brain must be exercised in a specific way for it to coincide and correlate with your desired outcome and how you would like to use it.

In "Brain Training" you will discover key strategies and exercises that will help you change your brain and mold it specifically to think the way you want it to and to accomplish what you want it to.

This book is specifically arranged in chapters that must be followed in chronological order. This is important since specific areas of your intelligence must be improved first in order to produce the best results.

We will be covering topics from simple home exercises to basic Neuro-Linguistic Programming to improve specific mental functions and to obtain clarity on just how your consciousness works.

It's true – there is a way for you to gain complete control and unlock the true power of your mind!

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 – The Power of Brain Training and the Truth behind Neuroplasticity

The human brain is considered to be one of the most complex structures in the entire universe. It has the unique ability to produce a certain degree of consciousness and intelligence that no other animal on earth can have.

The way it creates consciousness and process vast amounts of information is something scientists fail to fully understand despite today's research methodologies and technological achievements. However, it only proves how powerful a human's mind can be.

So, just powerful is *your* brain? Just by reading this book you have proven to have one of the most important seeds of intelligence – *curiosity*. It is a human quality that helps greatly as the beginning process in learning.

In this case, you are probably curious about how your brain works and might be looking for possible ways to sharpen your mind. But first, you must understand the difference between *intelligence*, *knowledge* and *wisdom*.

The Difference between Intelligence, Knowledge, and Wisdom

Identifying the true difference between intelligence, knowledge, and wisdom is quite simple. First of all, knowledge is used to describe the amount of workable information a person has in different fields such as mathematics, science, language, psychology, and so on. In a way, a person's memory can also be considered as knowledge. On the other hand, wisdom is the ability to utilize *knowledge* as well as understanding and experience gained through time to make sound decisions and “intelligent” thoughts. Finally, intelligence is a quality that encompasses both knowledge and wisdom.

Despite the belief that going to school will definitely increase intelligence, this is not always the case. Let's say a law student successfully graduates after years of hard work and studying. While it is guaranteed that he has acquired knowledge through education, he still needs experience in order to

develop wisdom and a little more of both to truly increase intelligence and brainpower.

It is also believed that the ability to acquire knowledge, wisdom, and intelligences capped to the limits of an individual person's brainpower. This means that some people are more capable of achieving intelligence than others. Factors such as brain size and genetics are known to be at play when it comes to determining this. However, studies show that a person's brainpower can be manipulated by the concept called as *neuroplasticity*.

Neuroplasticity

Neuroplasticity, also referred to as *cortical remapping* or *brain plasticity*, refers to the human brain's ability to further develop and become more adaptable through real world learning experiences. This works by literally changing the brain physically, functionally, and chemically. This means that your level of brainpower which is responsible for your knowledge, intelligence, and wisdom can be trained with specific brain training exercises using neuroplasticity.

According to neuroplasticity, the brain adapts its performance based on the person's requirements. It is based on the exact way in which the brain handles and stores new knowledge. For example, whenever you learn a new skill, your brain connects new *neural pathways* that contain information essential to this new skill.

A good thing about neuroplasticity is that it is known to occur at any age – negating the belief that such changes in the brain are only possible from infancy to childhood and stops completely during adulthood. This is because the human brain is proven to continue to create new neural connections whenever it is introduced to new learning experiences. The bad thing is that these changes are not always for the better. In the concept of neuroplasticity, the quality of stored information can be deteriorated over time when these neural pathways decline.

Introduction to neuroplasticity-based exercises

Research about neuroplasticity and how far it could go is still being made to this day. What researchers and evidence know so far is that brainpower can be improved through regular mental challenges known as 'brain training exercises'.

These brain exercises focus on specific cognitive functions such as *attention, concentration, short-term/long-term memory, arithmetic abilities, visual perception*, and many more.

Brain training exercises are also known as *non-invasive* since they do not require supplemental drugs or substances in order to work. They rely more on giving the brain regular challenges – providing it with opportunities to grow and develop with neuroplasticity.

As far as brain training exercises go, *software programs* are known to be the most effective. These programs are specifically designed to target cognitive functions that are relevant for attaining knowledge, wisdom, and intelligence. The good news is there's quite a number of websites that offer these brain training programs online for free.

Resources for such programs as well as everyday activities will be given from time-to-time throughout this book. What is important for now is for you to make the necessary preparations needed for you to get real results.

Chapter 2 – Preparation for Brain Training

Training your brainpower and sharpening your mind will open up endless new opportunities in your life. Just think about all the skills to master, all the people to meet, all the experiences to be lived, and all the money to be made. You can excel in your career, be the top of the competition in business, and be the best when it comes to your passion.

Another remarkable thing about the human brain is its ability to achieve whatever it focuses on. You just need to have the mindset, the motivation, and of course the mental capacity to achieve these aspirations. Finally, you will need the right opportunity and anything can happen.

In today's brutally competitive world, such opportunities to improve your quality of life are not presented just to anyone. You will need all the advantages you can get. But for now, you will need to visualize these opportunities and set them as goals.

Setting your Goal: Why do you want more brainpower?

If you are asked “what would you do if you are the smartest person in the world”, what would you say?

Everyone has a unique set of aspirations and ambitions -- it's your job to identify yours. This is incredibly helpful for having the motivation and patience needed to succeed in your brain training as well as for establishing habits and daily routines to maximize the potential of your brainpower.

Having your own personal journal will be incredibly helpful for the rest of this book. It will help you in setting your objectives, creating routines, and tracking your progress. You can use a physical notebook or your personal computer to write your journal in. But for now, you should figure out the exact reasons why you want to train your brain.

To help you get started, consider the following questions:

Are you falling behind in your work and looking for ways to improve?

Is there someone in particular that you want to impress by sharpening your mind?

Do you want to master a new skill but it seems too much for you?

Are you noticing a decline in your memory or other cognitive functions you want to improve?

Are you stressed out and can't help

Answering these questions will help you decide what kind of brain training exercises to take and what kind of routines to follow in the future.

The Intelligence Factors of the Brain

The main intellectual functions that affect a person's overall brain power can be divided into 6 different classifications. They are a person's *cognition, emotion, behavior, somatic (physical), perception, and signaling*. However, you will be focusing on 5 reclassified fields in brain training exercises, namely *perception, logic, calculus, language, and memory*.

Memory – Your memory is a very important factor in determining and developing your overall brainpower. In this book, you will be focusing on improving all three memory types (sensory, short-term, and long-term) using a variety of exercises.

Perception –Your perception is a vital cognitive function that allows you to handle sensory input from your environment. It is the doorway for all learning experiences that is dependent on your concentration, focus, alertness, and attentiveness.

Logic –Your problem-solving skills as well as your ability to produce valid conclusions from a set of given information is your logic at work. Logic helps with a person's reasoning skills, deductive skills, and the ability to determine which data is true and which is false.

Language–This cognitive ability covers more than just a person's capability of speech. It is also responsible for a person's behavioral and emotional thoughts. It also describes a person's ability to associate symbols, letters, and words to fully-developed thoughts and ideas.

Calculus – Reliable calculus ability doesn't necessarily mean a person knows a bunch of mathematical formulas – since memorization of such formulas requires the work of both your calculus and memory skills.

Instead, this area of intelligence can be determined solely by your ability to comprehend mathematical equations and arithmetic problems. You may not have the exact formulas needed to solve certain mathematical questions yet, but it should be a lot easier for you to find the answer. Your calculus abilities can be refined by training your memory as well as improving your accuracy through practice.

Specific brain training exercises will involve one or more of the intelligence factors listed above. Your job now is to focus on training these specific intelligence factors one by one.

Getting Started

On your journal, write a paragraph addressed to yourself discussing the reasons why you want to take brain training exercises as well as your desired end-results. You are free to write whatever you want as long as it is related to your motivation in brain training. This will also help you focus on a particular problem in case it is one of your motivations.

Note that this exercise will not only determine and clarify your goals – you are also performing a ‘warm-up’ mental stimulation involving your language skills, observational skills, and focus.

You’re all set!

After the activity mentioned above, you are now ready to start taking brain training exercises that target a specific cognitive function. Remember to keep your journal close and *never* let anyone else read it.

Chapter 3 – Brain Training Strategies for Unparalleled Concentration

Concentration comes from a person's patience, motivation, willpower, and mental clarity. In turn, concentration helps a person learn more efficiently, work more productively, and act more intelligently by paying attention to everything and anything that counts.

When it comes to brain training exercises, improving your concentration is always the best way to start.

Strategies for Improving your Concentration

Your concentration is incredibly helpful for brain training in the long run. But first, there is a very important thing you should understand in improving your concentration – *trying too hard to concentrate is not concentrating*.

Concentration is a learned skill, meaning it can only be acquired through consistent practice with the right methods. Although concentration can be temporarily stimulated during tasks by using different methods, it will not be as effective as training your ability to concentrate as a separate task.

Your ability to concentrate is also affected by your ability to ignore distractions that are preventing you from concentrating in the first place.

To achieve unparalleled concentration as well as to apply its benefits for the long-term, you can try performing the following exercises:

- 1. Counting Backwards – This is perhaps the simplest and easiest exercise to train your concentration. It is also an excellent warm-up prior to starting other brain training exercises. To begin, start from ten and count down to one. After this, start counting down from twenty. Repeat the entire process; gradually increasing your starting number for as high as you can. Record your results on your personal journal and try to beat it on your next session.**
- 2. Advanced Counting Backwards – This is the more complicated version of the previous exercise. While counting backwards**

starting from ten, try skipping 3 numbers as you count. For example; count 10, 7, 4, 1, and then 20, 17, 14, 11, 9, 6, 3, 0. Keep on increasing the first number for as high as you can. Again, record your results on your personal journal and try to beat it on future attempts.

3. Quick Sensory Stimulation – You can pay for professional sensory stimulation sessions such as *aromatherapy, music therapy, massage,* and so on. But you can also perform your very own quick sensory stimulation

exercise at home. The sensory memory of a person is responsible for handling information for an extremely short period of time (less than a second). This memory type will be discussed in further detail in Chapter 4. For the exercise, begin by getting the following objects: *any music player (iPod, cell phone, etc.), any flavored non-alcoholic drink (tea, hot chocolate, lemonade, etc.), and any book.* The next step is to find and sit on the most comfortable chair available in your house. Be sure to be in a position where you can access all of the things without standing up from the chair. After this, try to *relax* and focus on enjoying multiple things at once. The last step is to describe each sensation (the taste of the drink, the song that was playing, etc.) on your journal using short sentences.

4. Simple Meditation Exercise –Unlike formal meditation which usually requires a cushion and incenses, simple meditation can be performed anywhere in any posture. Begin by closing your eyes and visualizing a metal box. For the next minute, put anything that pops up in your mind into the box and close it. After which, focus on the closed box for about 5 minutes until you achieve full relaxation.

Remember that the best time to do the exercises listed above is during your free time, and not while you are working on an important task. Doing so will only distract you from said task. Improving your concentration takes practice, but it is quite easy to experience quick results.

Exercises to improve your concentration will take only a few minutes to complete each, so it is easy to be deployed in your everyday routine. Just remember to record any improvement on your journal to help you determine which exercise works the best for you.

Mental Clarity and Focus Training

Your concentration, mental clarity, and focus all work together to help your learning and productive experiences. While concentration and focus helps you prioritize in completing mentally demanding tasks, mental clarity helps you in the quality of what you learn as well as the quality of your work.

Random-number Sequence Training

This simple exercise trains your ability to concentrate in an arithmetic task while stimulating your ability to remember number sequences. It helps keep your mind sharp and awake even after a period of intense work.

To begin, simply start by declaring three single-digit numbers. For example, declare 2 – 7 – 8. The next step is to declare the same numbers in the exact sequence while adding a new digit each time. For example, declare 2 – 7 – 8 – 5 and then 2 – 7 – 8 – 5 – 2. Keep on going until you can no longer remember the exact number sequence. You may be impressed by how many digits you can remember by introducing one digit at a time. This demonstrates the ability of the brain to store organized information with ease; especially if each data is inputted one at a time. The Random-number sequence training can also be performed with a friend. Simply take turns in declaring and expanding the number sequence. This makes the training a lot more challenging and effective.

Chapter 4– Memory Improvement and Developing a Photographic Memory with Brain Training

A failing memory is one of the most inconvenient effects of a weak brainpower. Imagine how many times you've walked into a room and suddenly forgetting what you're supposed to do, forgetting where you left your car keys, or forgetting a very important task just because you were preoccupied with other activities. But what if you start remembering instead of forgetting?

Imagine how easier life would be if the exact opposite happened. What if suddenly you remember the numbers of important contacts or remember the answers to a very important test at school?

The sharpness of a person's memory plays a vital role in learning. After improving your concentration,

How the Memory Works

There are three main types of memory in the human brain; the *short-term memory*, *long-term memory*, and the *sensory memory*.

The sequence in which new information is stored in the brain is as follows:

Sensory memory – Short-term memory – Long-term memory

Basic sensual information acquired from a person's senses (taste, touch, smell, sight, and hearing) is automatically perceived through the sensory memory. The sensory memory functions as a filter to detect which information is relevant and which is not.

The relevant data is then stored into a person's short-term memory or the *active memory*. The short-term memory works closely with a person's *working memory* which plays a vital role in consciousness and thinking abilities.

Lastly, a piece of information can be stored in the long-term memory only after being processed in the short-term memory. The long-term memory is

capable of securing information for several years. Furthermore, the long-term memory is divided into two subtypes known as the *declarative memory* and the *procedural memory*.

The declarative memory can also be divided into two subtypes known as the *episodic memory* and *semantic memory*. The episodic memory holds specific information that the person acquired in real world experiences. For example, the memory of your 10th birthday is stored as an episodic memory. On the other hand, the semantic memory holds factual information and popular perceptions. For example, knowing the difference between a cat and a raccoon is stored as a semantic memory.

The other type of long-term memory, the procedural memory, holds information about motor functions and patterns that were acquired through experience and practice. The procedural memory is also called as the *muscle memory*, *implicit memory*, and *body memory*. Knowing how to walk, jog, or use a bicycle are examples of procedural memories.

To summarize the relationship between the memory types – *all memory types are dependent on the quality of the sensory memory acquired*.

Your sensory memory is where all other types of memory would begin. In essence, the quality of a long-term memory is dependent on how much a short-term memory is consolidated with your brain. In turn, the quality of information acquired by your short-term memory is dependent on the integrity of information acquired by your sensory memory. Finally, the quality of information acquired by your sensory memory is dependent on your concentration and attentiveness level during the learning experience.

This is why developing your ability to concentrate and focus first is extremely important in brain training. So remember to keep on training your focus and concentration abilities using the exercises in the previous chapter. They will be incredibly helpful for maximizing the effectiveness of the rest of the exercises in this book.

Memory Exercises

A person's memory declines over time with age. This can be prevented by observing a healthy diet and by performing simple daily exercises to sharpen the memory. Here are some exercises that can easily fit anyone's schedule:

1. **Journal Writing** – Every day before going to bed, write on your personal journal about any significant events that happened during the day. Make sure that you're writing as if you are addressing your future self. Try to write as much as you can for about 20-30 minutes and do this every single day. This simple exercise improves your memory by training your ability to recall and visualize short-term experiences which will then be consolidated when you sleep.
2. **Quick Reading Comprehension** – To exercise your short-term memory, you need to introduce it to challenges as frequent as you can. Find the nearest book around you and read its content. It doesn't matter what kind of book it is, but it is much better to have a very informational book such as a science textbook. Try to read at least 10 paragraphs without stopping or rereading previous sentences. After this, write on your journal about everything you've learned about what you just read. Test the accuracy of your short-term memory by comparing what you wrote with what you read. This is also a very effective studying technique when preparing for tests.
3. **Play Brain Games** – Mentally challenging games such as chess, scrabble, and Sudoku are proven to have enough dosages of mental stimulation to keep your mind sharp. In a study involving 4,000 student participants, 4 months of playing chess showed substantial improvements in the IQ of those who played frequently. The best thing about these games is that they are actually fun to play especially with a friend. Just remember that too many hours playing these games will not provide better results than playing them for only about an hour a day.

Memory Strategies

Keep in mind that the integrity of your memory is dependent on a lot of different factors concerning your lifestyle aside from the presence of brain training exercises. In order to keep your memory sharp and protect it from possible declination, it's important to have a brain-healthy lifestyle.

1. **Sleep on time** – Humans are designed to sleep at night for a reason. First, your body undergoes a period of self-repair that treats damages, balances hormones, and even performs detoxification processes. Also, REM (*Rapid-eye movement*) sleep improves the quality of

long-term memory by increasing blood flow to specific areas of the brain responsible for processing memories. This is why it is important to establish a consistently healthy sleeping habit if you want to keep your brain sharp and functioning well.

2. **Eat Right** –Just like any other organ in your body, the brain relies heavily on blood and oxygen in order to function properly. This is why specific types of food that improves blood and oxygen circulation are known to have a positive effect in cognitive functioning. Examples of these brain-friendly foods are; *fish (sardines, mackerel, tuna, salmon, fish oil supplements, etc.), vegetables (beet, spinach, carrots, broccoli, etc.), fruits (blueberries, apples, bananas, apricots, etc.), green tea, and red wine.*

Brain Training Websites

As more and more people realize the benefits of brain training, more and more brain training websites arise on the internet to meet the growing demand. While some of these websites offer paid services to provide daily brain training exercises, some sites such as *NeuroNation* offers users a variety of simple brain training exercises.

Other than NeuroNation (www.neuronation.com), here are other websites that offer brain training exercises online:

1. *Brain Arena*
2. *Sharp Brains*
3. *BrainHQ*
4. *Brain Metrix*
5. *Lumosity*

Chapter 5 – Stress, Habit-forming and Brain Training

Brain training is more than just performing exercises to stimulate the brain. An important part of brain training is learning how to handle stress which contributes to a lot of cognitive problems.

Stress in itself is not really a health problem. It is actually your body's natural reaction when exposed to triggers and threatening situations such as public speaking, tasks at work, pollution, loss of a loved one, and so on. Whenever stress is applied, the brain sends out nerve signals that triggers the release of adrenaline hormones.

These hormones increase the body's heart rate and blood pressure to help the body react quicker. However, stress can become dangerous when accumulated over time. It increases the risks of stroke and heart attack, as well as degrades the immune system.

Avoiding stress in today's modern lifestyle is virtually impossible. But there are many ways for you to effectively handle and eliminate accumulated stress.

Reducing the Accumulation of Stress

Stress is something you will definitely encounter every day. It can occur at home, at work, and even during hangouts with friends.

As far as brain training goes, too much stress can result in the following cognitive symptoms:

1. *Poor decision-making*
2. *Lack of attentiveness*
3. *Memory problems*
4. *Negative thinking*
5. *Anxiety*

To prevent too much stress from accumulating at work, observe the following strategies:

The 90-minute work cycle

It is important to know that the brain can only function at maximum efficiency for around 90-120 minutes. As first discovered by *Nathan Kleitman*, the “basic rest-activity cycle” is a 90-minute pattern that can be observed in a person’s working hours during the day. This cycle shows that the brain works with a specific alertness pattern called the *ultradian rhythm*. By understanding the 90-minute cycle, it is recommended to have 20-minute breaks after each 90 minutes of intense work. This will guarantee that you will be working at maximum efficiency every time while preventing too much stress from accumulating.

Drinking Coffee

Most offices have their own coffee-makers for a reason. Caffeine is a very potent wakefulness-promoting agent that provides a quick boost of alertness – helping millions of people across the globe complete menial and boring tasks. Coffee is also known to have powerful antioxidant properties, making them ideal to consume as often as 2-3 times daily. In a study conducted at the University of Sussex, drinking coffee or tea came third as the best stress-relieving activity next to listening to music and reading a book. Just remember that too much coffee can produce adverse effects such as heartburn, restlessness, and insomnia.

Negative Thinking versus Productivity

Improving productivity is one of the main goals of brain training. By keeping your mind sharp, you are actually training yourself to achieve and do more with your productive time. However, stress as well as procrastination and negative thinking will definitely stop you from reaping the benefits of brain training.

As an important part of your brain training, it’s now time to address some known roadblocks – specifically negative thinking and procrastination.

Usually, negative thinking comes from the anticipation of bad outcomes. In a lot of cases, this anticipation is poorly justified and is more likely the result of the lack of plans and the inability to properly set goals. This, and a healthy dose of positive thinking, will take you a long way.

Physical Exercises

Performing regular physical exercises is a proven method to help relieve stress as well as to keep your brain empowered in the long run. This is

because physical activities stimulate the production of endorphins. Endorphins induce positive feelings such as happiness and gratification. It also works as a natural pain-reliever, which is incredibly helpful in relieving stress.

You don't have to perform high-intensity workouts if you just want to maximize the effects of brain training. Here is a short list of low intensity exercises you can perform every day:

1. *Jogging*
2. *Cycling*
3. *Swimming*
4. *Skipping Rope*

Organizing your Lifestyle

To help you facilitate brain training exercises as well as to fight procrastination and negative thinking, it's time for you to *reboot* and organize your schedule. Simply use the following steps to help you plan your actions for the near future:

1. Create a weekly schedule by calculating your free time after unavoidable daily routines such as sleeping, working, and eating.
2. Fill up the majority of your free time by adding the different brain training exercises you've learned in this book. About 2 hours of daily brain exercises will do.
3. Also try to include physical activities in your daily routine for maximum effect.
4. Make sure to set weekly goals to make sure you spend your time in the most productive way possible.

Chapter 6 – Neuro Linguistic Programming for Beginners

Neuro-Linguistic Programming (also known as NLP) is a form of learning and communication developed by John Grinder and Richard Bandler in 1975. It is a complex learning structure that has helped many people in learning a specific skill through NLP techniques and attitudes.

The effects of Neuro-Linguistic Programming are best described as all-out improvements in everything about a person. Also, Neuro-Linguistic Programming techniques are unique since they mostly rely on stimulating sensory experiences – a little close to self-hypnosis.

This chapter will focus on Neuro-Linguistic Programming for brain training.

Basic Neuro-Linguistic Programming

Anchoring

Anchoring is a very basic, yet highly effective way to improve motivation and self-confidence. In Anchoring, a person will visualize a specific positive scenario or “positive emotion at its peak”. This scenario will then be associated with a specific *trigger* by using Neuro-Linguistic Programming.

Anchoring is also a good exercise for training *all* types of your memory from sensory to long-term. It is also a good way to relieve stress and improve concentration during difficult times.

This way, the positive emotions will be easily accessible in the future just by performing the set trigger. To do this, follow these simple instructions:

1. **Choose a memory** – This memory must be filled with intense positive feelings. Just make sure that this memory is something that you have confidence in doing – like playing your favorite musical instrument, playing your favorite childhood game with friends, etc.
2. **Relive the memory** – Using just your mind, visualize the memory as clearly as you can. Make this memory appear big and try to recall

every visual detail -- especially the color. Also try to remember other details about your *sensory memory* during the scene like a particular smell, touch, and sound. Try to achieve the positive emotions at their peak intensity and maintain it for several minutes.

3. **Associate the Anchor** –When the memory produces the highest intensity of positive emotions, you are now ready to anchor it. First, relive the memory again by starting from the beginning. As you do this, start performing your chosen trigger. Make sure that this trigger is easy to do without moving a lot of muscles. Examples are rubbing your earlobe, rubbing your palms, and rubbing your fingers. The most important part is to *stop* doing the trigger immediately when the positive emotions reach their peak.
4. **Repeat** – To achieve the best results, repeat the steps for up to 5 times while taking a short break after each attempt. Just remember to enjoy the experience as much as possible to intensify the positive emotions being anchored.
5. **Maintain** – If you've done the steps correctly, you should feel the positive emotions you've anchored every time you perform the trigger. Make sure to regularly use the trigger to prevent your brain from forgetting the anchor.

Removing Self-doubt

Criticizing yourself is a clear sign of low self-confidence and a negative mindset. This '*inner critic*' is some kind of inner voice in every person that constantly reminds him of his weaknesses and insecurities.

In brain training, taking complete control of your mind as well as having a positive mental attitude is a must. To use Neuro-Linguistic Programming in achieving this, simply follow these steps:

1. Observe your inner voice. It should be a voice that you can literally hear inside your head. Is it your own voice, or someone else's? How do you feel when listening to this inner voice?
2. Try experimenting with the voice by manipulating it for as much as you like. Note that this mental exercise is also helpful for improving your language factor of intelligence.

3. Distract yourself from what the voice is saying by adding static, moving it to faraway places, or playing music over it.
4. Finally, convince this inner voice of yours that you will be willing to listen to it again once it says something more productive.

Once you've successfully completed the two NLP techniques in this chapter, it's up to you whether or not you want to move on to more advanced NLP techniques.

Today, there are several professional groups that offer Neuro-Linguistic Programming courses locally and online. Of course, most of these groups charge clients for their service. Feel free to search for these companies online if you want to take this step a little further.

Conclusion

Thank you again for downloading this book on training your brain!

I am extremely excited to pass this information along to you, and I am so happy that you now have read and can hopefully implement these strategies going forward.

I hope this book was able to help you understand more about brain training and how to accomplish your goals.

The next step is to get started using this information and to hopefully live a happier, more successful, and much more fulfilling life!

Please don't be someone who just reads this information and doesn't apply it, the strategies in this book will only benefit you if you use them!

If you know of anyone else that could benefit from the information presented here please inform them of this book.

Finally, if you enjoyed this book and feel it has added value to your life in any way, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!

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Preview Of:

The Ultimate Guide To:

Emotional Intelligence

Master Your Emotions Quickly And
Increase Your Interpersonal Skills,
Awareness, Mindfulness, And Begin
Feeling Good!

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Preview Of 'Self Confidence'

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Introduction

I want to thank you and congratulate you for downloading the book, "Emotional Intelligence: The Ultimate Guide to Emotional Intelligence! - Master your Emotions Quickly And Increase Your Interpersonal Skills, Awareness, Mindfulness, And Begin Feeling Good!" .

This "Emotional Intelligence" book contains proven steps and strategies on how to quickly master your emotions through emotional intelligence!

Have you ever heard the saying, "Master your emotions, and in turn you will master your life"?

Emotional intelligence is a term that most people don't seem to understand, and this is so unfortunate, because your emotions are the only reality that truly exists. Do you understand how powerful your emotions are? Just to give you an example, emotions can cause you to fall in to the deepest pit of despair or cause you to feel the most exhilarating level of peace, joy, happiness, contentment, success, excitement, motivation, desire, love, and the list goes on and on.

The most amazing thing about emotions and feelings is that if you employ emotional intelligence in your life you can literally pick and choose which emotions you want to feel, and when you want to feel them.

My hope is that these eight chapters will give you a fast track to experiencing emotional intelligence. Emotional intelligence is something that you can actively mold and hone consciously, but I will say it does take some effort on your part. This book will empower you, encourage you, and most importantly direct you to a much deeper understanding of your emotions and feeling, and what they mean.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 - Understand What Emotional Intelligence Is

The capability to control and express one's personal feelings and emotions is very important. However, one should remember the fact that it should always be coupled with the skill to respond, interpret, and understand other people's emotions. This capability is called the emotional intelligence. Experts through the years have suggested that this is far more important compared to the intelligence quotient (IQ), which is only the measure of cognitive ability.

But what exactly is emotional intelligence?

According to experts, emotional intelligence refers to the capability to control, perceive, and evaluate your and other people's emotions. Research efforts suggest that emotional intelligence can be further strengthened and learned. And this book will help you out in the process of having a better emotional intelligence for a better relationship with other people.

What are the four popular branches of emotional intelligence?

To better understand emotional intelligence, a discussion on its four popular branches is necessary. The following branches were proposed by Mayer and Salovey. Here they are:

Branch #1: Perception of Emotions

The initial step towards having a deep understanding of the emotions is having an accurate perception of them. In several cases, this can actually involve not just the understanding of the words uttered – it should also include the proper perception and understanding of the non-verbal signals like facial expressions and the body language.

Branch #2: Doing a Better Reasoning when it comes to Emotions

The next necessary step actually involves the use of the perceived emotions in order to promote proper cognitive activity and thinking. Emotions can help you make proper prioritization of what we react to and pay attention to. Usually, people react emotionally to things that are successful in garnering your attention.

Branch #3: Having a Deep Understanding of Emotions

Emotions can be tricky in terms of conveying intended meanings – it can be easily misinterpreted. If there is a person who seems to be disappointed, the person talking to him should properly trace the reasons for disappointment. With proper understanding, proper actions can be done accordingly. With that, a more smooth-sailing relationship can be expected.

Branch #4: Proper Management of Emotions

The capability to do management of emotions can effectively lead to the proper development of emotional intelligence. By the proper regulation of emotions, one can appropriately respond. By having an appropriate response to situations being faced, one can expect better things ahead because this is one of the most important aspects of the management of emotions.

Note that the four branches of emotional intelligence are arranged according from the most basic to the most complex according to the psychological processes that are involved. Therefore, perceiving and expressing one's feelings and emotions are the simplest skills that are connected to emotional intelligence. On the other hand, reflective regulation of emotions and conscious interpretation are among the highest branches of psychological concerns involved in emotional intelligence.

How are we able to acquire these knowledge about emotional intelligence through the years?

In the 1930s, it was Edward Thorndike who describe the idea of social intelligence. He connected it with the capability to deal with the people around a person in social settings.

In the 1940s, it was suggested by David Wechsler that in order to be truly successful in life, one must first master the components related to affective intelligence.

In the 1950s, psychologists who are leaning towards the humanistic side like Abraham Maslow gave suggestions on how to further strengthen one's emotional strength.

In 1975, Howard Gardner's *The Shattered Mind* was published. This is his seminal work that paved the way to the acceptance of the idea on multiple

intelligences.

Exactly ten years after, in 1985, emotional intelligence, through the efforts of Wayne Payne, was formally introduced. The term “emotional intelligence” finally saw print because it is Wayne’s topic for his dissertation.

In 1987, Keith Beasley in a magazine article used an alternative term for emotional intelligence. The alternative term is emotional quotient. This is noted to be the first time when such a term was published.

Three years later, two psychologists by the name of John Mayer and Peter Salovey were able to publish a breakthrough article about Emotional Intelligence and how it is related to cognition, imagination, as well as to personality.

In 1995, a science writer who wrote for NY Times published an article on Emotional Intelligence. This made the concept very popular.

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