



A Brilliant Mind: Proven Ways to Increase Your Brainpower

Frank Minirth M.D.

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You can have a brilliant mind, greater intelligence, and an excellent command of language. All you need is a little exercise.

Just as we can develop muscle cells through physical exercises, so can we develop brain cells and connections through mental exercises. In this book you will find time-proven techniques and exercises for building a more intelligent mind. Written by acclaimed psychiatrist Frank Minirth, it provides a way for you to

increase your IQ
memorize more information
improve test scores
communicate more effectively
excel in the business world
prevent cognitive decline

Most people use less than 5 percent of their overall brain potential. No matter what your age, you can tap into the other 95 percent through the mental exercises contained in this book. Not only will your vocabulary and opportunities increase, but you will actually change and expand your brain to become more brilliant.

Frank Minirth is president of the Minirth Clinic in Richardson, Texas, and one of only 122 doctors in America and Canada certified by the prestigious American Society of Clinic Psychopharmacology. He is the bestselling author of *Happiness Is a Choice* and can be heard weekly on both local and national radio.

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