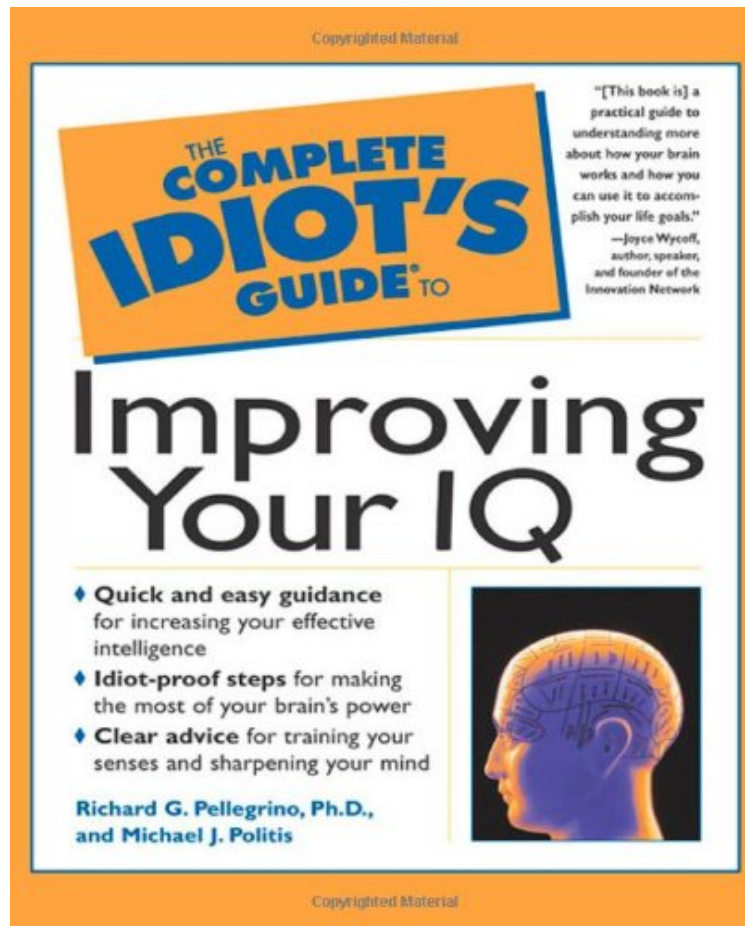


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# The Complete Idiot's Guide to Improving Your IQ

*Richard Pellegrino, Michael J. Politis*

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**Richard Pellegrino, Michael J. Politis : The Complete Idiot's Guide to Improving Your IQ** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Complete Idiot's Guide to Improving Your IQ:

0 of 0 people found the following review helpful. Thank you. By B-B Just curious so I bought it from and it is a good price. 29 of 32 people found the following review helpful. "Idiot's Guide" is the Idiot's Guide. By A Customer "Idiot's Guide to Improving your IQ" from Alpha Books is misleading, deceptive, and useless at best in improving your IQ. For example, the author begins by manipulating throughout the whole book the definition of IQ into EQ ("Effective Intelligence"), making the title very misleading. By doing this, the content is nothing about improving your intellectuality, but rather your effectiveness. Also, the author's twisted view of IQ thus leads his motives of improving your intelligence into improving your efficiency. Moreover, this book is very deceptive. Instead of explaining intelligence, it goes into the anatomy of the brain and the body. This is incredibly boring, and has nothing to do with improving your intellectuality. Furthermore, this book is useless in improving your IQ. Since it focuses RARELY

about intellectuality, and only efficiency, strategies, and anatomy, the reader never improves his or hers IQ. This book would be better titled, "Efficiency in the Workplace," or, "300 Pages of 'Nothing That Will Improve Your IQ'." In summary, this book is misleading, deceptive, and useless at improving your IQ. There are a few (VERY, VERY FEW), good points. It talks a little about how to sit for a positive "aura," and negative/positive communication. Nothing about intelligence, but that's still interesting. Those were the only chapters though that's a little entertaining, but even those chapters were written in simple sentences, and explained as though one was in the first grade. I would recommend this book for people looking for a book titled "Idiots Guide to Effective Work." Don't buy this if you're looking to improve your IQ, try a puzzle book, but PLEASE don't make the same mistake I did. 12 of 12 people found the following review helpful. OK, but not what I was expecting. By Kelly McCants As said in prior reviews, this is not a book filled with puzzles and logic problems. It is not truly a book on how to improve your IQ, as the title implies. It is instead a book on how to be effective with the intelligence that you possess, and how to put it to use. It had a very large section on how the brain reacts and interprets data from the different senses. Very technical. This I was uninterested in. Just give me the bottom line on that, please. I made myself read these chapters just in case the info was needed in the following chapters, but really, a brief skimming would have been sufficient. To sum up the book, to be effective in gaining practical intelligence, you must set goals and work for them without getting sidetracked. It basically encourages you map out what your goals are and what you need to do to accomplish them, then to use all your senses to reach these goals. It tells you how having an emotional link to what you are trying to accomplish is critical. The most interesting part of the book was how your mind fills in information based on past experiences and how you can reprogram your mind to associate positive feelings to things you may have had an aversion to from those past experiences. The discussion around how the mind tries to make things flow smoothly and fill in gaps was also interesting. All in all, it was OK. Like I said, not what I expected, but I did take some useful things away from it.

You're no idiot, of course. You've read a few books and can hold your own in a room full of university professors. But when it comes to problem-solving and understanding complex theories and facts, you feel like your brain is going to explode. Don't reach for the aspirin just yet! The Complete Idiot's Guide to Improving Your IQ unlocks the secrets of you brain and teaches you how to whip those sparking synapses into shape. In this Complete Idiot's Guide, you get:

From the Back Cover You're no idiot, of course. You've read a few books and can hold your own in a room full of university professors. But when it comes to problem-solving and understanding complex theories and facts, you feel like your brain is going to explode. Don't reach for the aspirin just yet! The Complete Idiot's Guide to Improving Your IQ unlocks the secrets of you brain and teaches you how to whip those sparking synapses into shape. In this Complete Idiot's Guide, you get: