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creates new neural pathways, increasing your intelligence level.

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because humans are natural-born short thinkers. What I mean by that is our brain uses something called heuristics — mental shortcuts — to give context to our surroundings.

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13 Brain Exercises to Help Keep You

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Mentally Sharp 1. Have fun with a jigsaw puzzle. Whether you're putting together a 1,000-piece image of the Eiffel Tower or joining 100... 2. Try your hand at cards. When's the last time you played a game of cards? ... The same study also found that a game... 3. ...

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3. Blueberries.

...



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ask a child to close her eyes and imagine that she is paying attention in class. In her imagination, what can she see?

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remember information longer. Also,  
playing in a group (like in an orchestra)  
strengthens...

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