



# Head First!: You're Smarter Than You Think

By Tony Buzan

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## Head First!: You're Smarter Than You Think By Tony Buzan

Did you know that you only use 1% of your brain? In Head First, Tony Buzan, the foremost expert on creativity and the brain and the inventor of Mind Maps, shows you how to tap into the rest. Did you know that you have 10 different intelligences, each one more powerful and capable of development than you ever imagined? In Head First, Tony Buzan, the world's leading expert on learning and the brain, proves that you are smarter than you think. In 10 easy-to-follow chapters, Tony Buzan will take you through each of the 10 intelligences, which include verbal, physical, interpersonal, creative and sexual. Buzan will show you how to be brilliant with words, physically fit and more sensual, as well as how to be more in control of your time and in tune with your environment. With practical exercises and simple techniques, you will learn how to immediately enhance your ability to excel in social, personal and professional situations. Learning how to use your 10 intelligences will dramatically improve your life.

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*By Tony Buzan*

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## **Head First!: You're Smarter Than You Think** By Tony Buzan Bibliography

- Sales Rank: #759273 in Books
- Published on: 2000-10-02
- Original language: English
- Number of items: 1
- Dimensions: .75" h x 8.27" w x 7.80" l, 1.14 pounds
- Binding: Paperback
- 256 pages

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### **Editorial Review**

#### **Review**

'If you put Buzan's theories to the test, you could find yourself memorising pages from a phone book, or becoming the brainiest person in the world' Personal Computer World Magazine 'Tony didn't invent the brain -- he did invent the instructions!' John Husbands, MD, Institute of Management

#### **About the Author**

Tony Buzan is the author of the million-copy bestsellers, *Use Both Sides of Your Brain*, *Use Your Head* and *The Mind Map Book*. He lectures all over the world and his work has been published in 50 countries and 20 languages. He also advises multi-national companies, governments, leading businesses, and international Olympic athletes.

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