



INSTANT WISDOM

10 Easy Ways to Get Smart Fast

Whatever your education level or IQ, this book will make you smarter – fast.

Title: Instant Wisdom

Subtitle: 10 Easy Ways to Get Smart Fast

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About the Book

Do you want to be a wiser person? Do you want to become an expert at solving tricky problems that used to leave you stuck? Do you want to boost your brain's capabilities? Blending science, psychology and philosophy, this book will teach you easy tools and techniques that will make you smarter in mere minutes or seconds. The strategies include methods that geniuses and peak performers use to get amazing results. Written in Beth's unique style, *Instant Wisdom* is both entertaining and informative, containing personal stories, surprising studies and real examples. Most chapters contain a variety of exercises, so you can use the tools immediately.

A tiny snippet of what you will learn:

- Einstein's top tool to be ultra-inventive (you can do this in your sleep)
- The 'Alice in Wonderland' technique that helps you learn anything (it's fast and fun)
- How to fool your brain into being super-focused (an actor used this trick to land millionaire-making roles)
- The tactic top athletes use for ultimate performance (but you don't even have to leave your chair for this)
- A delicious way to boost your logic (granny knows this trick, but I bet you don't)
- The 'Smart Stranger' method for achieving instant insight (this is a genius way of solving any problem)
- How to get great minds to deepen your insight (no money or bribes required)

Anyone can use these tools to study, improve career prospects, forge great relationships and become more capable, productive and creative. The techniques can be used on the spot to gain immediate insight, so you can make wiser choices in every area of life.

About the Author

Beth Burgess was once a total mess and is now a respected therapist, coach, and writer. Following her own quest to become wiser, she founded Wiseism.com, to share what she has learned. This book is the first in the Wiseism series.

Beth's previous books include: *What Is Self-Esteem?*, *The Recovery Formula*, and *The Happy Addict*. She also contributed two papers to *Addiction and Choice: Rethinking the Relationship*, which was highly commended by the British Medical Association and shortlisted for its Book of the Year Award.

Beth has written articles for *New Statesman*, *The Big Issue*, *The Huffington Post* and various other publications. She has appeared on BBC Radio, been featured on international media channels, and is often sought out for expert commentary on topics such as mental health and effective ways of achieving happiness and well-being.

Beth is available for interviews. Please contact her on ++44-7989-604-974 or beth@wiseism.com

More information about Beth and her projects at: <http://www.wiseism.com> and <http://www.bethburgess.co.uk>

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Wiseism

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