

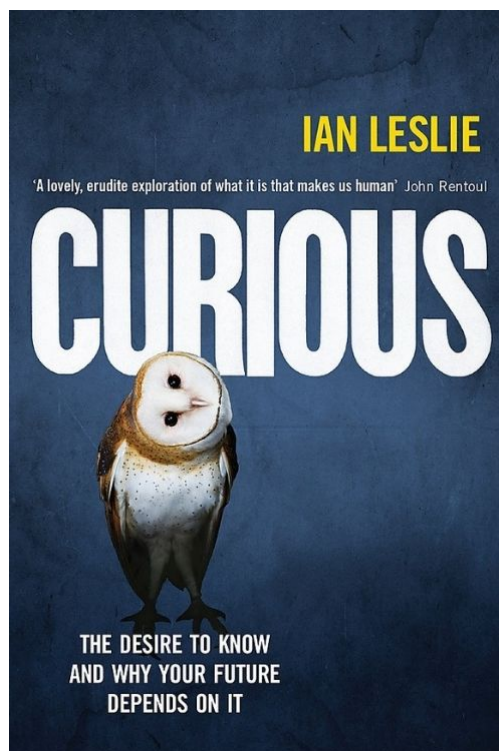


In this article, we are going to read about 7 books that will help us to train our brains. With the help of these books, we will get to know how to be innovative, creative and explore more each thing that comes into our life. From stories of a real person to details of scientific research - this article has all that will help us to learn more.

How to Train Your Brain Learn from These 7 Books:

1. Curious - Ian Leslie
2. Thinking, Fast and Slow - Daniel Kahneman
3. Moonwalking with Einstein - Joshua Foer
4. Think Like a Freak - Steven D. Levitt & Stephen J. Dubner
5. The Future of the Mind - Michio Kaku
6. The Power of Habit - Charles Duhigg
7. A Mind for Numbers - Barbara Oakley

Curious - Ian Leslie



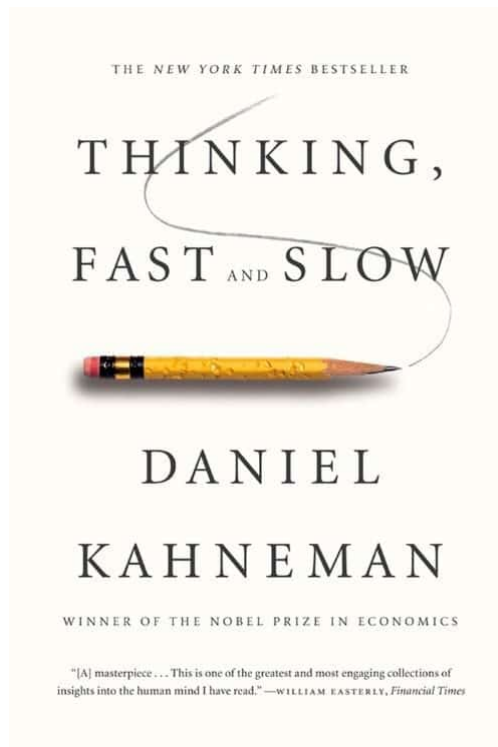


*How to Train Your Brain Learn from These 7 Books - **Curious - Ian Leslie***

BUY NOW

Each of us is born curious. But some of us dwell with habits of learning, discovering, and exploring as we grow older. In this book, Ian Leslie makes a fervent case for the nurturing of our need to know. Curious people, tend to be smarter, more successful, and creative. 'Curious' is packed with case studies, motivating stories, and practical advice. It will alter the perception of your mental health, and of those people who are around you.

Thinking, Fast and Slow - Daniel Kahneman



*7 books that will help us to train our brains - **Thinking, Fast and Slow - Daniel Kahneman***

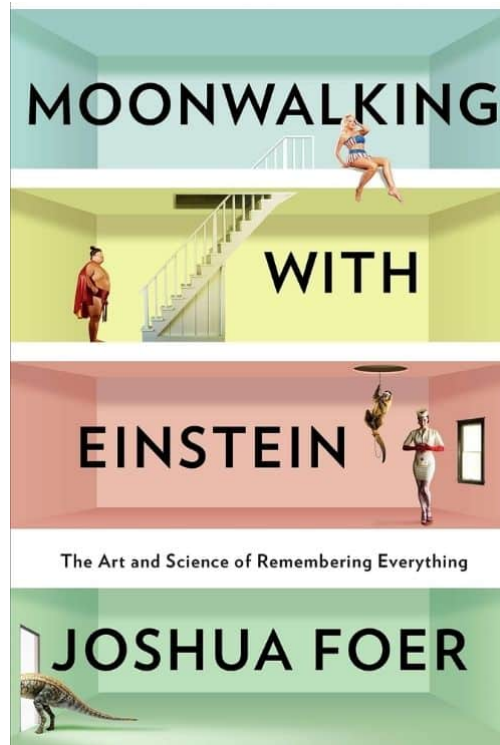
BUY NOW

In this book, author Kahneman takes us on a ride that we never thought of having - he explains the two ways that our mind wonders and thinks. The first system is the fast,



instinctive, and affecting way and the second is slower and more logical. He discloses the capabilities and flaws of fast thinking and the all-encompassing control of spontaneous impressions on our actions and thoughts.

Moonwalking with Einstein - Joshua Foer



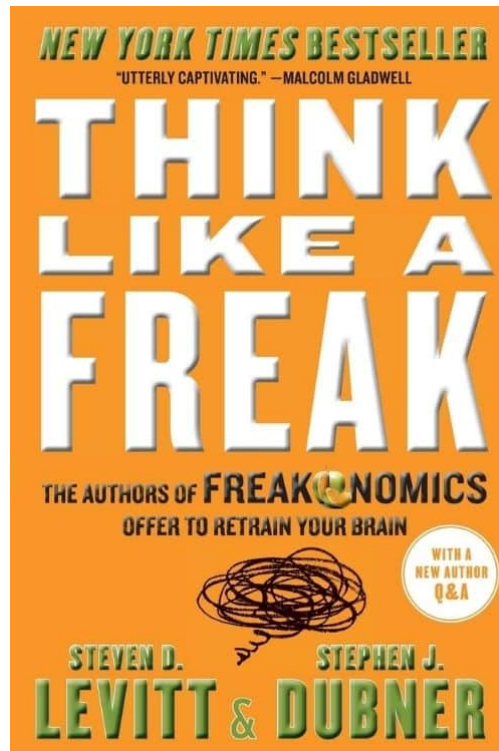
*How to Train Your Brain Learn from These 7 Books - **Moonwalking with Einstein - Joshua Foer***

BUY NOW

A young American reporter found a puzzle and sets out to solve it and come to a conclusion about it. It is a good way to discover a certain type of science especially the science of memory. To get into the profound details he draws on cutting-edge research and astonishing cultural history of remembrance. This book of journey reminds us that in every sense we are the figure of our memories.



Think Like a Freak - Steven D. Levitt & Stephen J. Dubner

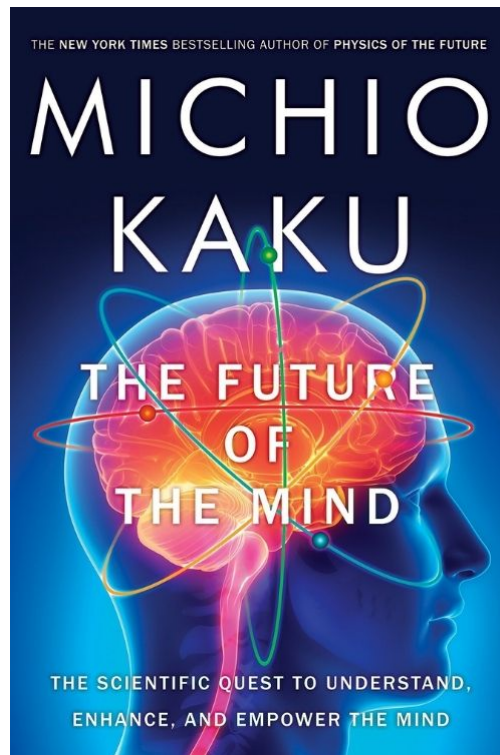


*7 books that will help us to train our brains - **Think Like a Freak - Steven D. Levitt & Stephen J. Dubner***

BUY NOW

Both the writers take us on a ride of their world, where they elucidate their thoughts more creatively and rationally, hence like a freak. They provide us with new ways to solve issues if it is minor lifehacks or major global reorganization. This book discusses several steps on how to think like a freak - first, put away the previous solutions that you had for an issue; learn to admit when you don't know something, that is how you get to know the things you need to learn; learn to persuade others, and more.

The Future of the Mind - Michio Kaku

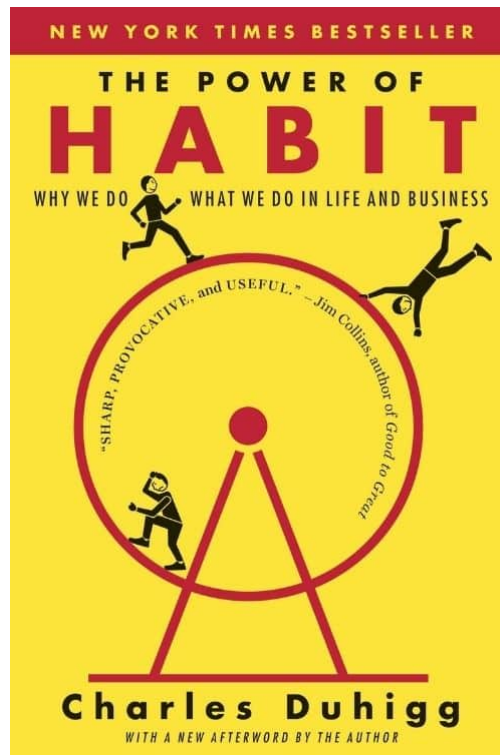


*How to Train Your Brain Learn from These 7 Books - **The Future of the Mind - Michio Kaku***

BUY NOW

This book by Kaku offers us a convincing and gripping look at the astounding research being done in labs all around the world based on the recent developments in physics and neuroscience. He offers her information on what the future might bring, providing us the sense of how our brain truly functions, and how technologies will alter our everyday lives.

The Power of Habit - Charles Duhigg



7 books that will help us to train our brains - ***The Power of Habit - Charles Duhigg***

BUY NOW

Award-winning business reporter Charles Duhigg with his *The Power of Habits* takes us on a journey and elucidates scientifically why habits exist and how we can alter that. With a plethora of information and facts, Duhigg lets us know a profound understanding of human nature and our passion and potential to transform ourselves and our life. Through this exploration, we also get to know why few companies struggle to transform even after the efforts of several years. We also get to know how powerful habits are and how they changed the lives of a lot of known personalities and brought success. The key to waking up early being productive, working out, and everything else is to know how habits work.

A Mind for Numbers - Barbara Oakley



"A good teacher will leave you educated. But a great teacher will leave you curious. Well, Barbara Oakley is a great teacher. Not only does she have a mind for numbers, she has a way with words, and she makes every one of them count."
—Mike Rowe, creator and host of Discovery Channel's *Dirty Jobs* and CEO of *mikroworks*

$a \left(\frac{\text{MIND}}{\text{for}} \right) =$ NUMBERS



A Companion to
COURSERA®'s
popular online
course *Learning
How to Learn*

HOW TO EXCEL AT
MATH AND SCIENCE
(Even If You Flunked Algebra)

BARBARA OAKLEY, Ph.D.

*How to Train Your Brain Learn from These 7 Books - **A Mind for Numbers - Barbara Oakley***

BUY NOW

In this book, Oakley provides us secrets to efficiently learning science and mathematics - the kind of secrets topper students wish they had known earlier. Most think that there is only a single process to solve a sum, but there are several ways to do it, the creativity and process are unknown to us. In nutshell, focusing on one single way until you get the answer is not the most successful way to learn mathematics. This book will change your thought that learning math is hard and painful.

Also Read: 10 Best Fantasy Books Based on Greek Mythology