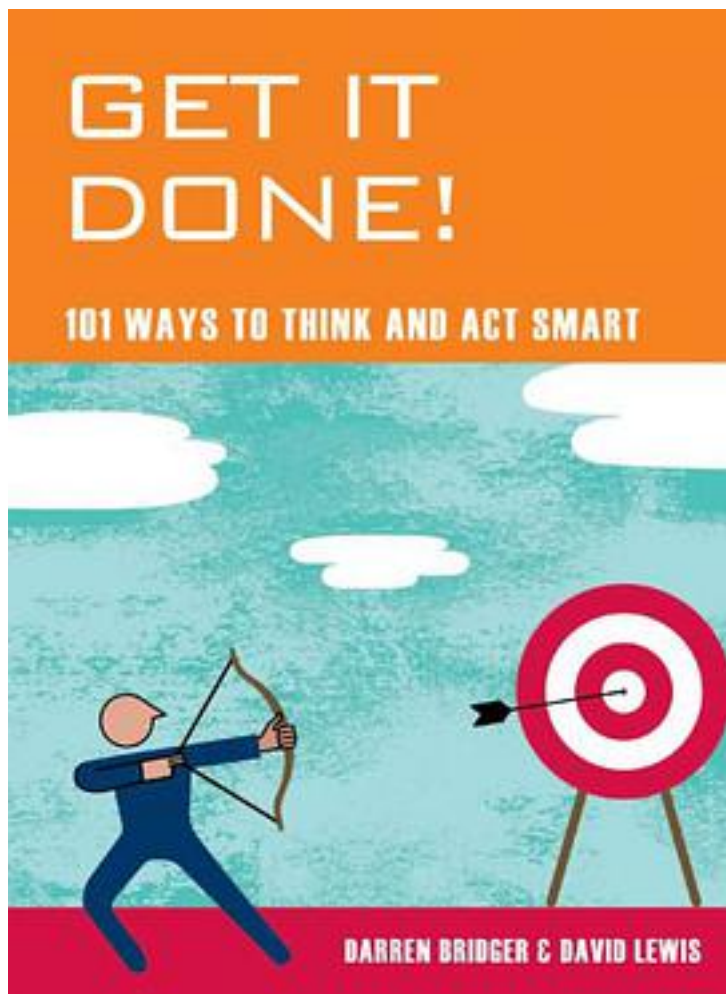


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Our mind is a powerful tool, and by learning to use it effectively we can improve the quality of our lives beyond measure. "Think Smart, Act Smart" shows you how to get

the most out of your brainpower in everyday situations: how to analyze situations and problems, come to the right conclusions, make good decisions, and convert those decisions into action. In short, it's a guide to getting things done right. Starting with concentration, psychologists Darren Bridger and David Lewis explain how to adapt our focus level and set priorities, break out of habitual thought patterns, and resolve dilemmas imaginatively. They discuss goal-setting and risk assessment, and most important of all, how to move forward, confident that your best thinking is channeled into getting positive results.

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