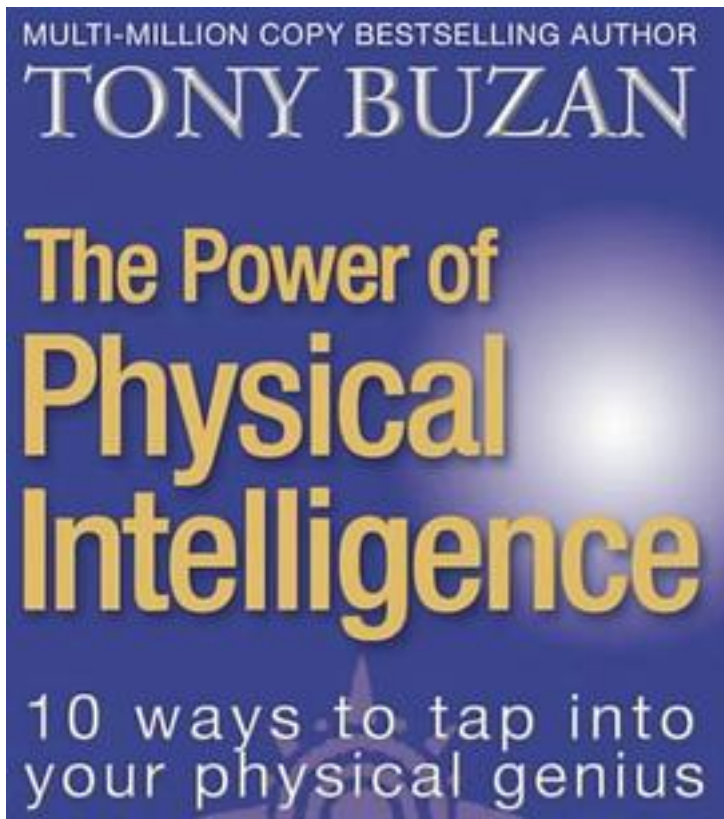


The Power of Physical Intelligence



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Tony Buzan shows us that physical intelligence is a quality we all share. We can temporarily lose it - but it can always be regained. It consists of overall physical fitness, balance, agility and co-ordination, anticipation, reaction time, strength, flexibility and aerobic fitness. He states that by training yourself to be physically intelligent, you can become physically co-ordinated, balanced and poised. As you develop this intelligence, you should find yourself more able to play all and any physical sports. The

more balanced and physically fit your body becomes, the more balanced and mentally fit your brain should become - the two work in harmony.

作者介绍:

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