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~~Brain Power~~ Dan Hurley (it  
was this very study that  
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The new study showed that people can increase their "fluid" intelligence through training. Hurley, who grew up to become an award-winning science journalist, first explored the topic in The New York Times Magazine. In Smarter, he digs deeper by meeting with the field's leading researchers—and becoming a human guinea pig. After just three months of playing computer brain-training games, joining a boot-camp exercise program, learning to play the Renaissance lute, practicing mindfulness ...

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