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Foreword

For those individuals who want to come up with effective solutions to their respective problems, brain battalion will greatly help you to fully understand your brain to easily and quickly come up with a battle plan for intelligence. It is a fact that understanding your brain to instantly come up with a battle plan that is designed for intelligence is not an easy task at all since it requires time, effort, passion and dedication to make sure that you will obtain the best possible results that you are expecting.

In line with this, you are also required to conduct extensive research that will help you to solve your respective problems especially when it comes to brain battalion. When you hear the term “intelligence”, what is the first thing that comes into your mind? According to studies, intelligence can be defined as a general cognitive problem solving skills. It is also a mental ability that usually involves reasoning, learning quickly, calculating, analogies and perceiving relationships.

As an individual, it is very imperative that you have a clear and better understanding about the intelligence basics to come up with an effective and excellent battle plan for intelligence. All the valuable information that you need about the stated topic are all present within this book. All you have to do is to completely read the entire chapters of this book that will serve as your guide and key in discovering the real world of brain battalion and at the same time understand your brain to come up with a battle plan for intelligence.

Chapter 1:

Intelligence Basics

Synopsis

In the recent year, most people want to have an apparent and superior understanding about the term “brain battalion and intelligence basics”. In connection with this, most people are not aware on how to fully understand their brain to easily come up with a battle plan for their intelligence.

Today, there are some psychologists who believe that there is one underlying factor at the intelligence base and it is called as g-factor however as time goes by psychologists maintained that it is more complicated and can't determined by a simplistic method. This is one of the main reasons why some psychologists decided to divide intelligence into subcategories. Howard Gardner states that intelligence is comprised of 7 components such as intrapersonal, interpersonal, spatial, linguistic, logical-mathematical, bodily-kinesthetic and musical.

However, there are still other definition of intelligence that includes intelligence is what you really do especially during the times that you don't know the right thing to do. Intelligence is considered as hypothetical idea that is being reflected in many types of behavior. Here, you will know and learn the intelligence basics and at the same time you will also explore the real significance of understanding your brain to come up with a battle plan for intelligence.

A Quick Overview to Intelligence

Intelligence is being defined in various ways like one's capacity for problem solving, creativity, planning, memory, emotional knowledge, learning, communication, self awareness, understanding, abstract thought and logic. According to studies, intelligence is widely studied in humans however it is also observed in plants and animals. With the existence of discipline of psychology, there is a wide variety of human approaches intelligence that has been adopted.

The term "psychometric approach" is familiar to general public and at the same time it is widely researched and used on practical settings. Is intelligence inherited? This is one of the common questions that most people want to know the definite answer. According to researches, intelligence is inherited however it can also be related to environment. In line with this, studies showed that heredity is considered as one of the salient factors to easily determine the intelligence of a certain individual.

Furthermore, environment is also recognized as one of the critical factors in determining the real extent of its expression. The genes of individuals are the one that is responsible in determining the quality of your intelligence, the process of information and the ability to integrate. The level of your intelligence can easily be determined on how you will cope with the various changes in the environment.

It is also believed that culture and race have their respective shares in determining the intelligence of a certain person. The environmental factors

play a vital role in understanding your brain to come up with a battle plan for intelligence. In connection with this, environmental factors have the ability to slow down your mental process more than improving it.

However, there is not specific evidence that environment has the potential to increase your intelligence into a higher level. It is true that enhancements in your brain structure require long period of time of evolutionary selection however the brain degradation can happen in just a short period of time. In the present year, there are psychologists who argued that intelligence can easily be quantified in the form of intelligence tests. In the year 1905,

Theodore Simon and Alfred Binet decided to create a system that is intended for testing intelligence. Wilhelm Stern was the one who coin the term “intelligence quotient” or also known as IQ. It is a figure that is usually derived from the ration of mental age to chronological age. The term IQ is still used up to this point of time to easily and quickly describe the results in various tests. The average IQ score today is 100 however intelligence tests don’t have the ability to measure personality, character, creativity and other salient differences among individuals.

Chapter 2:

Cognitive Processing

Synopsis

Cognitive processing plays a vital role in understanding your brain to come up with a battle plan for intelligence. In line with this, cognitive processing is considered as one of the salient factors that you should consider especially if you really want to know the real significance of brain battalion. According to studies, cognitive processing involves active thinking that will enable you to easily receive input and remember the request.

Moreover, cognitive processing requires successful learning, cooperation and coordination between the higher thinking cognitive skills and active processing. If your attention is weak, there is a great chance that you will never fully heard the request and at the same time when your memory is also weak, the instances are you will have forgotten the request before you responded. If reasoning and logic is weak, there is a great chance that you will fail to come up with effective and excellent solutions. This is one of the salient reasons that you need to be familiar and aware about the real world of cognitive processing. It is a fact that when your cognitive skills are also weak, it will greatly affect your overall performance.

All you need to know about Cognitive Processing

One of the great ways to use the cognitive processing in your daily lives is in the form of learning. Learning is not just the things that you usually do in formal settings and in school since most people learn every single day. According to researches, the survival of a certain people depends on how you learn every day. It is very important to learn your limitations and at the same time regain your confidence to easily direct your learning.

In the modern world, a person who doesn't know how to learn is being left behind. In order for you to discover your own learning and understand your brain to come up with a battle plan for intelligence, the first thing that you should consider is to determine your own learning style as well as seek the elite ways for you to learn. Learning can be defined as change. The main focus of this is on how you will learn and at the same time how you change, develop, grow and adapt.

The development, growth and adaptation usually occur from the inside out. Cognitive processing will greatly help you to easily learn all the salient information that is associated in creating a battle plan for intelligence. In line with this, it is also very important to take charge of your learning process. It is true that most people are born to learn and learning is how you develop and grow.

It is also the way you adapt and adjust to a demanding and ever changing world. If you really want to explore the real world of cognitive processing, it is very imperative that you are aware about the three important factors that

include the learning style of the learner, the learning context and the skill and content to be learned. When you properly follow these three factors, you will have a great chance to obtain efficient and effective learning result. With the existence of cognitive processing, you will not find hard time and difficulty to discover the real world of brain battalion and at the same time understand your brain to easily come up with a battle plan for intelligence.



Chapter 3:

Associative Processing

Synopsis

It is true that the brain has the ability to store salient information and details in a form of associative manner and at the same time it is merely related in memory. The well known associative representation is the one that is responsible to mediate the ability of the brain to easily and quickly generate predictions in any given context.

In line with this, the brain is also the one that rapidly retrieves and encodes the affective value of stimuli in the environment. The so-called contextual associations serve as the building blocks of various mental functions that usually make the interpretation of the brain activation. The associative processing is considered as one of the most crucial things for the ability of a certain individual to act and understand the world.

In order to respond to the latest presented object, the brain is the one that is responsible to start the process of the so-called object recognition. It is also the one that provides motivational relevance and affective value. In connection with this, the brain effectively and quickly activates the relevant associations to focus predictions. If you want to discover the real world of associative processing, just simply read the succeeding paragraphs of this book.

Exploring the Real World of Associative Processing

According to studies, the associative processing is more focus on the concept of one idea that has the ability to trigger the immediate recall of various but relates ideas. It is also the act of acquiring, reinforcing and modifying the existing preferences, values, skills, behaviors and knowledge that usually involve in synthesizing various types of details and information. In line with this, associative processing is not compulsory since it is contextual.

There are times that it can be viewed as a kind of process than a collection of procedural and factual knowledge. It is a fact that associative processing has the ability to produce changes in organism. This is also associated with human learning that commonly occurs as part of their training, schooling, personal development and education. It can also be goal oriented and at the same time it can be aided by extreme motivation. The study on how associative processing occurs is also part of pedagogy, learning theory, neuropsychology and educational psychology.

This is also one of the main reasons why learning can also occur as an extreme result of classical conditioning and habituation that is usually seen in most animal species and intelligent animals. Furthermore, associative progressing can't be escaped and avoided since it will serve as your key and guide in understanding your brain to come up with a battle plan for intelligence.

The associative learning can be defined as a process by which the association of two behavior or stimuli is learned. Associative learning is divided into two forms, the first one is the operant conditioning and the second one is the classical conditioning. The operant conditioning is the use of consequences to easily and quickly modify the overall form and occurrence of behavior.

It is also distinguished from the so called Pavlovia conditioning that makes use of punishment and reinforcement to change the action outcome association. The classical conditioning involves the repeatedly pairing of unconditioned stimulus with another neutral stimulus. Associative processing will greatly help you to come up with the best possible results especially when it comes to brain battalion.

Chapter 4:

Patterns

Synopsis

In order to come up with an effective battle plan for intelligence, it is very important that you consider the use of patterns. The real secret for scientific thinking, intelligence and creativity is patterns. According to researches, the pattern that you should consider for battle plan for intelligence is the pattern of experience and knowledge. It is true that there is a huge difference between experience and knowledge.

According to researches, knowledge alone is not useful until you make connections between the things that you know. Lots of scientists, artists and writers have talked about the real significance of collecting bits of knowledge and ideas and at the same time make connections between experience and knowledge to fuel new ideas and creative thinking. There is a research from California showed that intelligence can be found all across your brain. In line with this, researchers found that rather than residing in a single structure, the general intelligence is usually determined by a network of regions across both sides of your brain. Some of the researchers explained that the brain works as a distributed system.

Discovering the Elite Patterns for General Intelligence

The connections of brain regions are considered as the most salient thing especially when it comes to general intelligence. Apart from this, general intelligence is being based in the ability of your brain to integrate and pull together the different types of processing like working memory.

There is also a research study that is being conducted at Washington University showed that connectivity with a certain area of the prefrontal cortex has a correlation with the individual's general intelligence. In order for you to be familiar with effective pattern to come up with a battle plan for intelligence, check this out:

Studies showed that intelligence on high functioning brain areas have the ability to communicate with other areas in your brain. Apart from the physical connectivity in your brain, making connections between knowledge and ideas will greatly help you to produce utmost quality work and think more creatively. In order for you to come up with a battle plan for intelligence, there are several factors that you should take into consideration.

The first thing that you should do is to get creative and start making connections. It is very important that you are aware on how to add to your knowledge the extreme power of new ideas and experiences. It is true that if you have more knowledge, you will have a great chance to make connections. In line with this, it is also very imperative to explore new opportunities that will greatly help you to come up with effective battle plan

for intelligence. It is a fact that trying something new will help you to make dramatic improvement that is designed for your brain activity. The next thing that you should consider is to keep track of everything. Don't expect that your brain can remember everything.

Jotting down of important ideas and concepts that come across your mind will greatly help you to remember your previous notes that you are already making connections. Finally, reviewing all your notes is very important since it will help you to recall easily and quickly the salient ideas and concepts that come across your mind. By simply following these suggestions, you can be sure that you will come up with the best battle plan for intelligence.



Chapter 5:

Expectation

Synopsis

According to researches, expectation has the potential to lead to more effective processing in your Human brain. Most people have their own impression about the things that they normally see in the world and this is one of the main reasons why perception has the ability to strongly influence your expectations.

The knowledge that you have will greatly help you to recognize the people and objects accurately and quickly even if the image that you receive is unclear such as television set with poor reception and cyclists in the park at dusk. Knowledge has the ability to combine expectations with details and information from the outside world.

As an individual, it is very imperative that you are aware on how expectation can affect and influence you in understanding your brain to come up with a battle plan for intelligence. If you have a clear and better understanding about the above mentioned topic, it would be easier for you to come up with great battle plan for intelligence.

How Expectations Affect your Battle Plan?

The Radboud University decided to conduct a study that involves the behavior and cognition of the human brain. All the participants for the said study are presented with unexpected and expected images and the activity of their brain was being recorded with the use of MRI scanner.

When the participants viewed the expected images, they notice that the regions in their brain is involved in visual processing and at the same time it is less active compared to those who viewed the unexpected images. The regions contained clear representation of the expected images than the unexpected ones.

The findings was established with the use of the well known brain decoder wherein it is a kind of computer algorithm that has the ability to decode which image a certain participant saw from their brain activity. The brain decoder is prove and tested effective in decoding the expected images than the unexpected images.

This is also a great indication that the brain activity in these regions usually contains clear representation for expected images. It simply means that expectation lead to more effective processing in the human brain.

This is also associated with social intelligence wherein it is the capacity to efficiently negotiate complex environments and social relationships. There

are also other psychologists who define social intelligence as the ability to completely manage and understand the real world of human relations. Social intelligence is also equivalent to interpersonal intelligence. In line with this, social intelligence is also an aggregated measure of social and self awareness that usually evolve social attitudes and beliefs as well as the appetite and capacity to manage social complex change. Some of the psychologists also believe that social intelligence is considered as the person's competence to fully understand their respective environment and at the same time properly react for successful and socially conduct.

In order to come up with excellent battle plan for intelligence, it is very important that you have an apparent and superior understanding about the real world of social intelligence and on how expectation affects your battle plan. There are a wide variety of books and websites that will greatly help you to fully manage and understand the above mentioned topic. With proper understanding, you can be sure that you will easily obtain the best results that you are expecting.

Chapter 6:

How we Think

Synopsis

By nature, most human beings are irrational and illogical. It is a fact that survival meant thinking quickly not methodically. According to psychologists, making a life saving decision is more significant than making 100 percent accurate one and this is one of the reasons why the human brain has the ability to develop an array of the so called mental shortcuts.

These shortcuts are also called heuristics and cognitive biases and they have the potential to affect all the things that human beings do from the judgments of their moral character up to the clothes that they will wear. You will never escape them however you will have the power to be aware of them and at the same time take efforts to minimize their influence. In order for you to be familiar with this, here are some of the problems with how we think.

The Common Problem on How we Think

- **Cost Fallacy**

When you invest effort, time and money into something, it is very normal that you don't want to see your investment go to waste even if the goal, object and task is no longer worth the cost. According to Daniel Kahneman, most people refuse to cut their losses and when they do, they become biased against their actions that can lead to biggest regret. This is one of the reasons why most people finish their overpriced meal in a restaurant even when they are stuffed to their brim or continue watching a horrible television show even if they don't like it anymore or soldier into a grad school even they really hate their chosen major.

- **Availability Heuristic**

When you are confronted with a decision, most humans make judgments that is based on the previous information and events that can be easily recalled. This is also known as availability heuristic. It is very imperative to be cognizant of the availability heuristic since it has the ability to lead to poor decisions.

- **Optimism Bias**

There are some individuals who are naturally biased to thinking that they are less at risk of something bad happening compared to others. The term optimism bias has already demonstrated in a wide variety of studies across a wide range of groups. Some smokers believe that they are less likely to develop lung cancer than other smokers. Some traders believe that they are less likely to lose money than their

respective peers and at the same time every day people believe that they are less at risk of being victimized in a certain crime. Optimism bias usually factors into matters of health and prompting individuals to neglect their salubrious behaviors that include condom use, visit to their physicians and exercise.

- **Halo Effect**

When you hear the term “halo effect”, what is the first thing that comes into your mind? According to studies, halo effect is a kind of cognitive bias wherein you judge the character of a certain person based on your impressions and rapid oversimplified. In line with this, the halo effect is considered as one of the most popular bias especially when it comes to performance appraisal.

- **Confirmation Bias**

This is the tendency of people to favor details and information that commonly confirms their respective beliefs. Bias manifest in various ways and this is one of the reasons why it considered as one of the great problems on how we think. Criminal investigation is recognized as one of the most common places that you will experience confirmation bias. When an investigator has a suspect, they will erroneously interpret information that will prove that their suspect is guilty. In connection with this, confirmation bias has the ability to pervade your life.

Chapter 7:

Our Representations

Synopsis

Mental representations or also known as cognitive representation in the field of cognitive science, neuroscience, cognitive psychology and philosophy of mind can be defined as a kind of hypothetical cognitive symbol that usually represents the mental process and external reality. In line with this, mental representation is considered as mental imagery of things that are not seen by your sense organs.

Minds have images of objects, settings and events. One example of this is that, when you are asked to recall a special occasion like birthdays, you will probably remember the place where the birthday party was held, the people who are invited in the said occasion, the things that you seen and even the things that you smelled. You don't have the ability to see and smell those things however you have the power to imagine them.

A Broad Impression to Mental Representations

In the field of philosophy of ontology and mind, metaphysics and contemporary philosophy, the mental representation is recognized as one of the prevailing ways of describing and explaining the nature of concepts and ideas. In connection with this, mental representation is also called as mental imagery enable representing things that do not exists as well as the things that have never been experienced.

Moreover, mental imagery can also involve representations in any of the sensory modalities that include taste, smell and hearing. Some of the psychologist proposed the use of images that will greatly help you to solve problems and at the same time visualize certain objects in question and mentally represent the images to solve it. Representationalism is also known as indirect realism wherein it is the view that representations are the salient way to easily access to external reality.

The so called representational theory of mind has the ability to explain the nature of concepts, ideas as well as mental content in the field of experimental psychology, cognitive science and contemporary philosophy of mind. Mental representations will serve as your guide and key to completely understand your brain and come up with a battle plan for intelligence. It is true that creating an effective battle plan is not an easy thing to do since it requires time, passion, effort and dedication to obtain great results. Conducting your own extensive research will truly help you to get the elite battle plan that you are looking for.

Chapter 8:

Problem Solving

Synopsis

Accumulating the neuroscience evidence commonly indicates that human intelligence is being supported by distributed network of parietal and frontal regions that will enable complex goal behavior. Some of the psychologists decided to investigate the neural bases of social problem solving with the use of broad spectrum of psychological variables and psychometric intelligence.

They also revealed that working memory, emotional intelligence and processing speed has the ability to predict individual differences in every day problem solving. The targeted analysis for every day problem solving includes family, information management, work, consumerism, home management and friends. Intelligence is a general mental ability that is intended for learning, problem solving and reasoning. Due to its general nature, intelligence has the potential to integrate the cognitive functions that include planning, language, memory, attention and perception. In line with this, intelligence can also be measured with the use of standardized tests that will predict social outcomes that include longevity, health, job performance and educational achievement. The functional and structural neuroimaging studies have supported the frontoparietal network that is relevant for intelligence.

Exploring Human Intelligence and Problem Solving

Learning, problem solving and reasoning are considered as the crucial facets of human intelligence. People have the ability to reason about virtually any issue and you will notice that most problems can easily be solved. It is a fact that highly and simple behavioral repertoires can easily be learned throughout your lifespan. The most important thing that you should bear in mind is that there are widespread individual differences in the ability to learn and solve problems that will lead to human differences and at the same time cope with challenging situations.

These differences become more significant especially when the cognitive complexity of a certain situation becomes greater, stable over time and mediated by the so called genetic factors. For almost centuries, psychologists creatively designed and developed a wide variety of tests that are intended for intelligence tests that come with degrees of validity and reliability. Discovering the relationship between the brain and the human intelligence requires proper and careful consideration especially when it comes to the overall structure of the human intelligence.

Chapter 9:

What we must Do

In order for you to obtain the best battle plan for intelligence, it is very important that you are familiar and aware about the real world of brain battalion. Creating a battle plan is not an easy thing as you think since it requires you to exert your time, passion and effort to make sure that you will come up with the best possible results that you are seeking for. Emotional intelligence and critical thinking are recognized as one of the great things that will help you to obtain the elite battle plan that you are searching for. In creating a battle plan for intelligence, the first thing that you should bear in mind is to have the passion, commitment and desires to explore the real world of brain battalion and at the same time you will know and explore the relationship between desires, emotions and thoughts.

Things to Consider to Come Up with a Battle Plan for Intelligence

The first thing that you should consider to completely come up with an excellent battle plan is to fully understand your brain. It is true that brain is an organ that serves as the center of the nervous system and only few invertebrates like starfish, sea squirts, jellyfish and sponges have a brain.

Critical thinking will greatly help you to come up with a battle plan for intelligence and this is one of the main reasons why most people want to explore the real world of brain battalion and human intelligence. With the help of emotional intelligence and critical thinking, it would be easier for you to obtain a battle plan for intelligence that you are searching for.