

# Growing intelligence summary



The article “ You can grow your Intelligence” by Larry Ferlazzo helps the reader to understand the facts about intelligence and how it can be attained by practice. There is a misconception that leads people to believe that intelligence is inherent. Scientists have discovered that the brain can be improved by certain methods. The brain is capable of getting stronger if exercised frequently. The brains processing capacity increases the more it is being used.

A body that is nourished and well attended to grows, but one that isn't given any nourishment lacks growth and will eventually die, which applies also to the brain. The cells in the brain that are responsible for the ability to think are called neurons. Attaining new information helps the brain and serves as a great work out. Just like one would normally exercise to grow, in the same way one exercises the brain for it to grow when one uses it. Scientists conducted an experiment on animals to test this hypothesis of brain growth through exercise.

The results of the experiment proved that animals that used their brains more had about a 10% more weight than the animals that barely used their brain. The experiment also disproved the ideology that “ Old Dogs can't learn new tricks. ” It proved that the older animals also had the capacity of being intelligent despite of their age. The author then goes ahead and compares the growth and development of a brain to a baby. A baby develops the ability to listen and speak.

The more the baby is exposed to speech, the more it will listen and try to understand the art, and the more the brain of the toddler will grow as well.

The author then continues to talk about the misunderstanding between being smart and being dumb. People think that dumb people are going to be dumb till they die. In reality, “ dumb” people really have the potential of being as smart as the smartest person. The reason why dumb people are “ dumb” is because they don’t practice as much as the smart person does. Ferlazzo ends with instructing us to practice our brain if we desire to be smarter.