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To be smart is great, but it doesn't happen overnight. If you want to become smarter, you have to create habits that will groom your intelligence and nourish your mind.

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1. Tame the "Go" system: Identify the triggers of habits, replace old behaviors with new ones and generate specific plans to deal with obstacles. 2. Harness the "Stop" system: Learn to deal with stress and other factors that hinder the development of new and positive habits. 3. Optimize your goals.

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