

## Mind Hacks Tips Tricks For Using Your Brain

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Tell your friend to pick a number from 1 and 10. Then multiply with 9. Ask your friend to add the two digits of the number if the resulting answer is a two digit number. Tell your friend to subtract five from the sum. For the resulting answer, choose the corresponding letter from the alphabet (A=1, B=2,etc).

~~15 Simple But Mind-Bending Mind Tricks To Fool Your ...~~  
Keep your attention on the flow of your breath and see how the calmness of body and mind begin to rule your present moment. The longer you stay connected to your breathing, the stronger you'll feel the benefit. Start with 3-5 minutes at a time without doing anything else, and increase to 10-20 minutes and onwards.

~~100 Incredible Life Hacks That Make Life So Much Easier~~  
33 Mind-Blowing Old-Fashioned Cleaning Tips We asked experts for their fave never-fail cleaning hacks, some of which have been around for decades. July 15, 2020

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This is a quick way to multiply two-digit numbers by 11 in your head. Separate the two digits in your mind. Add the two digits together. Place the number from Step 2 between the two digits. If the number from Step 2 is greater than 9, put the one's digit in the space and carry the ten's digit. Examples: 72 x 11 = 792.

~~10 Math Tricks That Will Blow Your Mind - ThoughtCo~~  
Hack Your Mind: 23 Tricks to Learn Anything Better. ... Learning hacks - they're a thing, ... Make it easier with the following tips. Prime Your Mind - Creating Habits that Optimize Learning.

~~Hack Your Mind: 23 Tricks to Learn Anything Better~~  
Spaced repetition is a memory hack. We know that spacing out your study is more effective than cramming, but using an app you can tailor your own spaced repetition schedule, allowing you to efficiently create reliable memories for any material you like. Michael Nielsen, has a nice thread on his use of spaced repetition on twitter:

~~Mind Hacks - Neuroscience and psychology news and views.~~  
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"Fill a spray bottle with a 50-50 mix of vodka and water, spray it on the affected areas, and leave it for around 10 minutes," then wipe it away with a clean cloth, suggests Parry. He notes that the alcohol in the vodka will not only clean the mess, but will kill the mildew, too. Want more bathroom cleaning tips?

~~30 Amazing Cleaning Tips You'll Wish You Knew Sooner~~  
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