



Brain Snacks: Fast Food for Your Mind

By Dr. Karl Albrecht

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Editorial Review

About the Author

Dr. Karl Albrecht is an executive management consultant, coach, futurist, lecturer, and author of more than 20 books on professional achievement, organizational performance, and business strategy. He is listed as one of the Top 100 Thought Leaders in business on the topic of leadership. He is a recognized expert on cognitive styles and the development of advanced thinking skills. His books *Social Intelligence: The New Science of Success*, *Practical Intelligence: The Art and Science of Common Sense*, and his *Mindex Thinking Style Profile* are widely used in business and education. The Mensa society presented him with its lifetime achievement award, for significant contributions by a member to the understanding of intelligence. Originally a physicist, and having served as a military intelligence officer and business executive, he now consults, lectures, and writes about whatever he thinks would be fun.

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