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## Seven Types of Intelligence

By Royane Real

Is there more than one major form of intelligence?

Harvard professor Dr. Howard Gardner has been studying the topic of intelligence for many years and he has suggested that we should revise and expand our idea of what constitutes intelligence to include at least seven forms of intelligence.

The types of intelligence proposed by Dr. Gardner are: verbal-linguistic, logical-mathematical, visual-spatial, musical, bodily-kinesthetic, social-interpersonal, and intra-personal.

People who have a strong linguistic intelligence will respond in a deep way to the construction and sound of language. They get meaning and pleasure in what many of us miss—the subtle shaping of a luscious phrase, the odd surprise engendered by the juxtaposition of unexpected words, the ability to tell a tale.

Writers, poets, and editors excel in this form of intelligence. People who exhibit a strong need to correct errors in grammar are also very strong in this trait.

People with logical-mathematical intelligence can become successful lawyers, mathematicians, computer programmers, and scientists. They are able to logically analyze data and information and follow extremely complex chains of ideas.

Among those who are possessed of a very strong visual-spatial intelligence, some will have a glorious, passionate understanding of color. Others will very strongly respond to visual line, texture, or three-dimensional space.

Artists, decorators, fashion designers, sculptors, photographers and architects must possess this form of intelligence to succeed in their fields.

Musical intelligence is an ability to understand and respond to music, not just as background noise, but with a capacity to get deep meaning from the interaction of aural melodies, textures and rhythms.

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A person with musical intelligence may not necessarily play or compose music, but will be a passionate listener, getting far more out of the experience than an average person.

Bodily–kinesthetic intelligence is very high in those people who excel in sports and dance. It is also a great asset in actors.

These people are extremely attuned to where all parts of their body are located in space and are able to exert very subtle yet powerful control over all their muscles.

People with a high degree of interpersonal intelligence are good at picking up cues to the emotions of others and understanding the emotional states of those around them. They are particularly good at empathizing with others, and know how to comfort, inspire and lead people.

This is a good trait to have in a political leader. It is also a desirable quality in teachers, therapists and salespeople.

Intra–personal intelligence is the ability to deeply and truly know and understand oneself. It is the ability to analyze and assess one's innermost qualities and behaviors.

This is a form of intelligence that may be found in philosophers and spiritual leaders.

These are seven basic qualities or abilities that may rightfully be considered as forms of intelligence. Each involves a particular way of using the brain. Each of these can be highly developed in certain individuals and can be an important component of a person's success in life and career.

This expanded definition of intelligence can help explain why so many people who did poorly in school still end up very successful in life.

When you consider Dr. Gardner's expanded definition of intelligence, which forms do you think are especially strong in you? Which do you think are particularly weak?

When you went to school, did your educational experience address your intelligence strengths?

Or did it target the areas in which you were weakest? Does your present career make good use of your strongest form of intelligence?

You will have the most success in education and in life when you are able to make use of the forms of intelligence in which you excel. This article is taken from the new downloadable book by Royane Real titled "How You Can Be Smarter - Use Your Brain to Learn Faster, Remember Better and Be More Creative" To improve your learning ability, download it today from

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### **What is Intelligence?**

**By Royane Real**

What is intelligence? Can it really be measured?

Although IQ tests measure a certain aspect of intelligence potential, there isn't complete agreement that what is being measured is actually intelligence.

Standard intelligence tests focus a lot on exploring and measuring linguistic/logical/mathematical ability. But is that really the same quality as intelligence? Or is intelligence something broader than that?

We have all met people who have a lot of "book smarts" but who seem to have no "life smarts". Should we really be saying that they are intelligent?

Some people who did poorly in school often turn out to be very successful in later life. Why do our current IQ tests seem unable to predict or explain these outcomes?

A person may have failed dismally in school, and yet turn out to be a genius in marketing. Is this person stupid, or brilliant? If a man is a great scientist, but can't ever pick a suitable mate, is he really very smart?

Is there more than one kind of intelligence? How should we define intelligence? Can we really measure it?

Several experts in the field of intelligence have proposed that we need to broaden our understanding of what intelligence really is, and the role it plays in successful living.

Psychologist Howard Gardner of Harvard University has suggested that we should consider a wide range of talents and abilities as valid forms of intelligence.

In his intriguing book, "Frames of Mind: Theories of Multiple Intelligences", Gardner has proposed the existence of at least seven types of intelligence: verbal-linguistic, logical-mathematical, visual-spatial, musical, bodily-kinesthetic, social-interpersonal and intra-personal.

Another psychologist, Robert Sternberg, has suggested we consider three distinct forms of intelligence. One type is the ability to think logically and rationally, doing well in an academic type of environment.

A second kind of intelligence identified by Sternberg is the ability to come up with creative solutions to real life situations. And the third type, according to Sternberg, is the ability to psychologically

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understand people and interact effectively with them.

A very different perspective on the IQ issue is presented by Daniel Goleman in his best-selling book, "Emotional Intelligence". Goldman offers an explanation for why a high IQ does not always lead to success in career or in life.

Goleman says that EQ, or emotional intelligence, has been an overlooked factor that is an extremely important ingredient for success in life.

An ability to get along with others, to be optimistic, to be determined, are among the many factors that contribute to success, perhaps even more than intellectual ability.

Your IQ score is only a number. It does not define you. It does not really limit you. It's just a starting point. Remember that many other qualities you already possess or can develop are also important for success in life.

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