



7 (Seven) Kinds of Smart: Identifying and Developing Your Multiple Intelligences

By Thomas Armstrong



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Based on psychologist **Howard Gardner**'s pioneering theory of "multiple intelligences," the original edition of **7 Kinds of Smart** identified seven distinct ways of being smart, including "word smart," "music smart," "logic smart," and "people smart." Now, with the addition of two new kinds of smart--"naturalist" and "existential"--7 Kinds of Smart offers even more interesting information about how the human psyche functions. Complete with checklists for determining one's strongest and weakest intelligences, exercises, practical tips for developing each type of smart, a revised bibliography for further reading, and a guide to related Internet sites, this book continues to be an essential resource, offering cutting-edge research for general consumption.



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Editorial Review

Review

“A book that helps people to discover and unleash their own intellectual strengths.”—**Howard Gardner, Ph.D., author of *Frames of Mind***

“A rich dish of ideas for exploring those other ways of becoming more intelligent... ways that are so often neglected in our culture.”—**Betty Edwards, author of *Drawing on the Right Side of the Brain***

“Makes a major contribution to our understanding of the wide scope of intelligence.”—**Muriel James, co-author of *Born to Win and Passion for Life***

About the Author

Thomas Armstrong, Ph.D., is a psychologist, learning specialist, and consultant to educational groups around the world. He has written for **Family Circle**, **Ladies' Home Journal**, and **Parenting** magazine, and is the author of nine books, including **Awakening Your Child's Natural Genius** and **The Myth of the A.D.D. Child**.

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