

# RESEARCH ON THE BENEFITS OF CHESS

## **A GAME FOR SMART PEOPLE, OR A GAME THAT MAKES YOU SMART?**

Everyone recognizes chess as an intellectual icon. But is it that smart people play chess... or is it chess that makes people smarter? Chess actually helps us learn to think. Here are some areas that have been proven to be enhanced by chess:

- The IQ
- Memory
- Pattern recognition
- Analytical skills
- Patience
- Overall comprehension

There is an incredible amount of information out there that demonstrates the many benefits of chess.