

## *Can Organizing Really Make You Smarter?*

According to Lawrence C. Katz, co-author of *"Keep Your Brain Alive,"* and Pierce J. Howard, author of *"The Owner's Manual for the Brain,"* both state that by doing something every day, will keep your brain cells active and alive. So I guess, exercising our brain by organizing every day, isn't as bad as we may think.

Therefore, it's important to remember that you need to exercise your body as well to relieve the stress, so you can work more efficiently and effectively. When the body is exercised, the brain can function better and faster.



Evelyn Gray, Productivity & Stress Management Consultant  
Certified ADHD & Hoarding Consultant  
Certified Coach & Seminar Leader, Speaker & Author  
Organizing for Success  
[www.evelyngray.com](http://www.evelyngray.com) \* [evelyn@evelyngray.com](mailto:evelyn@evelyngray.com)  
(626) 643-4884 PST