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Hare Brain, Tortoise Mind: How Intelligence Increases When You Think Less

By Guy Claxton



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In these accelerated times, our decisive and businesslike ways of thinking are unprepared for ambiguity, paradox, and sleeping on it." We assume that the quick-thinking "hare brain" will beat out the slower Intuition of the "tortoise mind." However, now research in cognitive science is changing this understanding of the human mind. It suggests that patience and confusion--rather than rigor and certainty--are the essential precursors of wisdom.

With a compelling argument that the mind works best when we trust our unconscious, or "undermind," psychologist Guy Claxton makes an appeal that we be less analytical and let our creativity have free rein. He also encourages reevaluation of society's obsession with results-oriented thinking and problem-solving under pressure. Packed with Interesting anecdotes, a dozen puzzles to test your reasoning, and the latest related research, *Hare Brain, Tortoise Mind* is an Illuminating, uplifting, stimulating read that focuses on a new kind of well-being and cognition.



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Editorial Review

Review

"The essential guide to creative thinking!"-- John Cleese "Guy Claxton backs up anecdotal studies of creativity with up-to-date Information about the latest research into brain function. The result is a fascinating book that told me many things I ought to know but didn't." -- Anthony Storr, author of "Solitude: A Return to Self"

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