

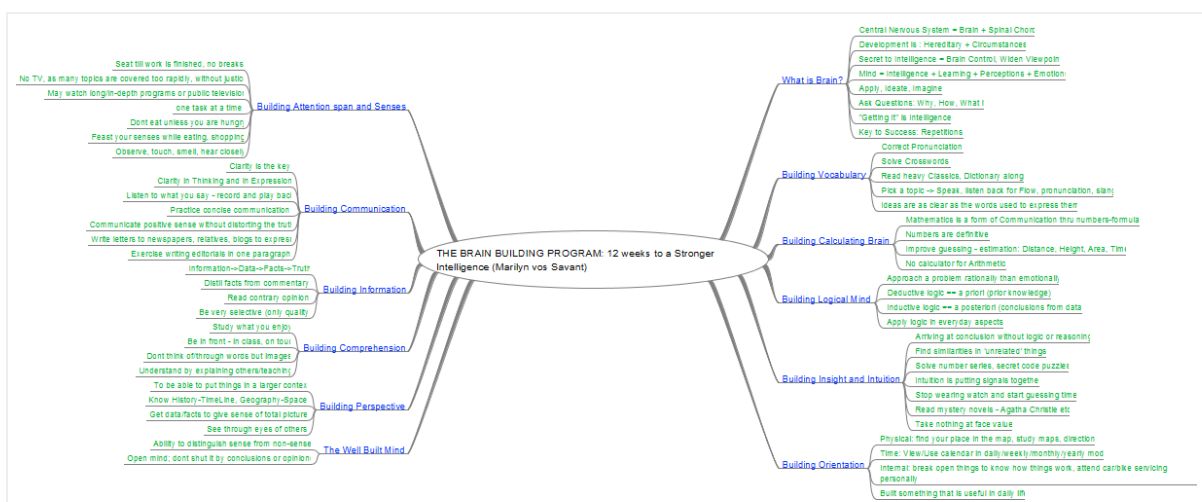
Thoughts!!

Thursday, August 22, 2013

Book Summary (not Review) : The Brain Building Program - Marilyn vos Savant

- [What is Brain?](#)
 - Central Nervous System = Brain + Spinal Cord
 - Development is : Hereditary + Circumstances
 - Secret to Intelligence = Brain Control, Widen Viewpoint
 - Mind = Intelligence + Learning + Perceptions + Emotions
 - Apply, Ideate, Imagine
 - Ask Questions: Why, How, What if
 - "Getting It" is Intelligence
 - Key to Success: Repetitions
- [Building Vocabulary](#)
 - Correct Pronunciation
 - Solve Crosswords
 - Read heavy Classics, Dictionary along
 - Pick a topic -Speak, listen back for Flow, pronunciation, slang
 - Ideas are as clear as the words used to express them
- [Building Calculating Brain](#)
 - Mathematics is a form of Communication thru numbers-formulae
 - Numbers are definitive
 - Improve guessing - estimation: Distance, Height, Area, Time
 - No calculator for Arithmetic
- [Building Logical Mind](#)
 - Approach a problem rationally than emotionally
 - Deductive logic == a priori (prior knowledge)
 - Inductive logic == a posteriori (conclusions from data)
 - Apply logic in everyday aspects
- [Building Insight and Intuition](#)
 - Arriving at conclusion without logic or reasoning
 - Find similarities in 'unrelated' things
 - Solve number series, secret code puzzles
 - Intuition is putting signals together
 - Stop wearing watch and start guessing time
 - Read mystery novels - Agatha Christie etc.
 - Take nothing at face value
- [Building Orientation](#)
 - Physical: find your place in the map, study maps, directions
 - Time: View/Use calendar in daily/weekly/monthly/yearly mode
 - Internal: break open things to know how things work, attend car/bike servicing personally
 - Built something that is useful in daily life
- [Building Attention span and Senses](#)

- Seat till work is finished, no breaks
 - No TV, as many topics are covered too rapidly, without justice
 - May watch long/in-depth programs or public television
 - one task at a time
 - Don't eat unless you are hungry
 - Feast your senses while eating, shopping
 - Observe, touch, smell, hear closely
- Building Communication
 - Clarity is the key
 - Clarity in Thinking and in Expression
 - Listen to what you say - record and play back
 - Practice concise communication
 - Communicate positive sense without distorting the truth
 - Write letters to newspapers, relatives, blogs to express
 - Exercise writing editorials in one paragraph
- Building Information
 - Information->Data->Facts->Truth
 - Distil facts from commentary
 - Read contrary opinion
 - Be very selective (only quality)
- Building Comprehension
 - Study what you enjoy
 - Be in front - in class, on tour
 - Don't think of/through words but images
 - Understand by explaining others/teaching
- Building Perspective
 - To be able to put things in a larger context
 - Know History-TimeLine, Geography-Space
 - Get data/facts to give sense of total picture
 - See through eyes of others
- The Well Built Mind
 - Ability to distinguish sense from non-sense
 - Open mind; don't shut it by conclusions or opinions



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