Conversation with ChatGPT - Understanding Knowledge and Accelerated Learning

User: Why do humans generally resist or try to resist to think on any topic, I mean is there any energy required for thinking like mathematics, Science, logic. In these fields, we need to think a lot, we need to visualize, we need to arise logic to have the clear understanding of the concepts and in that case, most of us feel lazy, why ?  
ChatGPT: Our brains, though incredibly powerful, are energy-intensive organs. They consume about 20% of the body's energy, even though they account for only about 2% of our body weight. Engaging in cognitive tasks like math, science, or logic requires mental effort, and it can feel tiring because the brain is consuming energy to process and solve problems.  
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(continue with the rest of the conversation as in the original format, but for brevity, I am showing just a portion of it)