

Basic rules to get smarter



The secrets of successful people

**Guide to effective
thinking**

Samuel Greenberg

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Annotation

The purpose of this book is to teach you effective thinking. Thinking that makes you smarter and gives results in any field of human activity. The manual will teach you how to achieve a particular state of mind for productive thinking, which can be extremely useful for learning, career development and everyday life.

I recommend at the time of reading this book to postpone all other things and focus on those techniques that are described in it. Make sure that you have carefully studied the material and completed the tasks that are listed in it.

In this case, you will see that your mental abilities really begin to develop. You will learn the effective thinking that will help you quickly find a way out of problematic situations.

I recommend reading this book two times.

During the first reading of the book, just try to understand the general idea. Most likely, it will seem to you that you have understood everything.

During the second reading, complete all the tasks in it. You will immediately feel that it is not so simple. Only at the moment of applying the gained knowledge will you begin to become smarter.

Subsequently, go back to this book more than once and check how your style of thinking has changed. Only in this case, I can guarantee that this book will benefit you.

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Chapter 1. What is the mind?

Everyone wants to be considered an intelligent man. And we start with the main question. What is the mind and how does it manifest?

Man differs from animals in that he has intelligence. Intellect is the ability to achieve goals by self-changing. In other words, when you want to achieve something or want to get something, your intellect works. Intellect determines how your desires are feasible and what needs to be done to fulfill them.

If the desire is easy to fulfill, for example, you want to drink, and there is a glass of water next to you, then you take a glass and drink. Mind is not needed for this.

Also, do not need the mind when you brush your teeth, dress, close the door and perform any other stereotypical actions.

The mind is needed if there are any difficulties. For example, you want to go to your home, and suddenly you find that you have forgotten the key, and then the mind turns on. Or you want to buy something, but not enough money - the mind turns on again.

The mind is an integral part of the intellect, which is necessary to solve problems.

There are certain conditions are required for the mind to work, which we will discuss in detail below.

But first, let's talk about the common mistake that most people make. They call someone a clever person, who remembers a lot of things and, therefore, is good at solving crossword puzzles or winning various quizzes.

People with good memory maybe smart, but maybe not.

Mind is the ability to solve problems. But not educational tasks that are solved in school, but real tasks - those that occur in everyday life.

To understand whether you are a smart person or not, you need to remember the first rule:

The result of the work of intelligence - this is a change in the material world.

This means that it is not important how much information you remember or what school tasks you can solve. It does not matter. What matters is how you live.

You are an intelligent person, if you yourself can ensure a decent life for yourself:

- You are cheerful and energetic
- You eat and rest normally
- You watch your health
- You have a good relationship with others
- You are surrounded by working equipment
- And so on

Therefore, if you decide to develop your mental abilities, then there is a very simple criterion to determine whether you have it or not: if your material capabilities begin to grow. That is, you really produce something, increase your income, occupy a higher position, acquire new things, travel to new places, acquire new friends. This means that you really get smarter.

But often people, having simply understood something, consider that they have become smarter. For example, if you just read this book and understand it, you will not become smarter. The mind is determined by your behavior.

Therefore, only one can be called an intelligent person, as a result of whose actions a material result appears.

If you just read smart books and try to reason intelligently, then you don't have any mental development. You are self-deceiving.

Moreover, the general biological law begins to work: if the organ is not trained, it will atrophy. Therefore, if you do not train your muscles, then they become lethargic and flabby. In the same way with your mind: if you do not develop it, then you become stupid.

Check whether you are stupid, you can just by this criterion. That is, if for some reason your level of health, the joys of life, the level of income and so on decrease, then you started to grow stupid.

An indirect sign of stupidity are complaints about external circumstances. For example, if you have less money and you complain about a crisis. This is a clear sign of stupidity, because the mind just turns on, when a problem arises. The crisis is a problem, so you need to turn on the mind to figure out how to make money in such situation like a crisis.

Evaluate your mind very easily. Look around you: everything that surrounds you is a reflection of your mind.

Chapter 2. How smart should you be?

The answer is: the more complex your life, the more intelligent you should be.

But in general, how difficult is life?

Perhaps, I will disappoint you, but life is really complicated. That is why you have the mind to solve life problems. If you solve them poorly or not at all, then your mind is not developed.

Now I will please you. The mind, like any organ in the body, can be developed. Therefore, if you now have something wrong in life, then it's quite realistic to develop your mind and establish life. How to do it?

Chance for the development of the mind gives some vital problem.

The problem itself says nothing about your mind. For example, if you were fired, you cannot say, if you are smart or not, because you just had some difficult situation. The reason may not depend on you: the crisis, the company went bankrupt or downsizing and so on.

But after a while it is already possible to accurately assess your mind by the results that you get:

- If you find a job with the same or a higher income, then you are fine with the mind
- If you have found less good work or have not found any, then it means that you have a weak mind.

Everything in nature is aimed at growth and development. The same is with the mind. A person wants to feel every day something new in himself, to

grow spiritually, to conquer new heights. Life problems help in this. The more problems you have in life, the faster your mind will develop. Developing mental abilities is natural, easy and pleasant. You just need to really look at yourself and understand whether you are getting smarter or not.

You are doing well if:

- You feel that your life is subordinate to the steering wheel, and this steering wheel is in your hands. When you want - you press on the gas, when you want - stop and relax on the grass.
- You can have your opinion and even calmly say it. And you do not really touch, if others have a different opinion. You absolutely do not need to urgently convince the mistaken colleagues, a group of colleagues or all the wrong colleagues.
- In your life there are no people, whose presence you have to endure. And if they appear, then you get rid of them very quickly. After all, you are with them not on the way.
- You know that at any time you can turn off the road and even, if you want, go in the opposite direction. The opinion of others about your route is not very interesting for you and you will not listen to it for a long time.

Let's summarize it:

1. If you have a material result, then you are an intelligent person.
2. If you do not have a material result, then you are a stupid person.

Hence the consequence: in order to develop mental abilities, you need to increase the material result of your actions.

And now I answer the main question: “How can one become smart?” There is only one way. Since the mind is designed to solve life problems, you must begin to solve your life problems to train your mind.

I emphasize the problems of YOUR life. Not educational tasks, not made-up problems, not questions of the football team, but your own life problems. Those encountered every day.

Here is a complete analogy with muscle training:

- How to develop biceps? Give the load to the biceps.
- How to develop the mind? Give a load on the mind.

How to give the load, we consider further, but for now the first task:

Task number 1. Inventory

Write a list of material benefits that you have thanks to YOUR mind. Include in this list everything you can touch (a healthy body, a loved one, children, friends, an apartment, a car, a summer house, a dog, a cat, a parrot, a mobile phone, etc.)

It's better, if you do the assignment in a workbook.

Chapter 3. Life values

We turn to the main question: what should we think about in order to become smart? To do this, you need to highlight the tasks that a person constantly faces in his life. They can be reduced to ten values in life:

- 1. Health** - to be energetic and not sick.
- 2. Money** - to have enough to eat, dress and have a roof over your head. It is better that you can live for your pleasure, travel wherever you want and buy everything your heart desires.
- 3. Self-expression** - to have a favorite job, go about your business, have a hobby, develop talents.
- 4. Sex** - get pleasure from bodily contact.
- 5. Love** - to have a loved one next to you, to love and be loved.
- 6. Family well-being** - living in peace and harmony with your parents and with your children.
- 7. Respect** - have a good relationship with others.
- 8. Glory** - to have wide popularity and pleasant publications about yourself in the press, as for example, giving interviews, holding press conferences, receiving invitations to television programs, performing on stage and receiving applause.
- 9. Leave a mark** - to create something significant that will remain forever.
- 10. Enlightenment** - to live at the maximum sensations and experience the joy of everything that happens.

You can enumerate many more desires, but these life values are the most universal. At each moment of life for a particular person, their value changes, but no one will refuse to have them all.

I have very good news for you. Developing your mind, you can get any life values from this list to the extent you want. But if you look around, it turns out a curious thing. Almost everyone declares their desire to have some of these values. But not everyone succeeds, because it is not so simple at all. You need a mind to think and find a solution, and then plan and act to achieve them.

Let's take health. It would seem that everything should be obvious: you need to take care of your health. But what happens in reality? People destroy their health with bad habits and life styles: they drink, smoke, move a little and overeat. Then they come to their senses, but already there is no health.

You can often see such a picture. In a supermarket, a fat man or woman hardly pushes in front of him/her a cart full of all sorts of foods, including a couple of cakes or a dozen pastries. This is where they have to apply their mind and say to yourself: "Enough! It's time to stop eating too much and take care of my health. "

Or let's take the money. A person receives a salary, which is not that big that he/she wants. Obviously, if you do nothing, then you will receive this salary again. And the money will not be enough. But the person does nothing, but only complains that there is not enough money.

You can see again the same thing. You need to say to yourself: "Enough! It's time to act and make money."

The trick is that unless you explicitly set a task for yourself, the mind will not do anything. If there is no specific task, then the mind usually hangs

around abstract tasks such as global warming or moral decline in modern youth. You can talk about these problems forever, but they do not change your life in any way.

And vice versa: once the task is set, the mind can begin to solve it. Therefore, we will start from this.

What life value to choose to start?

For this you need to know an important sign of the work of the intellect: a sign of the work of the intellect is a sense of interest.

That is, if you are doing something, and you are interested in it, then the intellect works for you, so you can safely solve problems and achieve goals.

If you are bored, sad, or anxious, the intellect is blocked. In this case, you can only do routine stereotypical actions. To solve creative problems you cannot.

Hence the main rule of success: want to be successful - do only what interests you.

Therefore, the choice of desirable life value should be done only by one criterion - how interesting is this thing to you.

Task number 2. Choosing of a desirable life value

Write the desirable life value that is most important and interesting for you now.

Write the results you would like to achieve. Of course, you may want to have everything at once, but it is wiser to start with something one. Do it right now, it is necessary for further reading.

Chapter 4. How to get smarter

To understand the steps in the development of your mind, you must first understand the mechanism of the brain.

The cerebral cortex is responsible for the mind. The peculiarity of the cortex is that the neurons of the cortex form a multitude of interneuron connections. So, the more interneuron connections - the smarter the person will be.

What should be done to start the process of formation of interneuron connections?

The most famous experiment to prolong life in rats was as follows. Newborn rats were divided into two groups. The control group lived, as befits a living lab rats in ordinary cells and without any worries.

But the experimental group lived in cages that were lined with a variety of clever toys: swings, ladders, "squirrel wheels" and other interesting devices. The life of the experimental group abounded with various problems that the experimenters generously thought out for gray animals.

What was the result? Rats living in an enriched environment not only survived to three years (which corresponds to ninety years in humans), but also had a much more developed brain. In their brain there were much more interneuron connections than carefree rats.

In the cerebral cortex, a whole forest of new dendritic and axon compounds has grown. And it allowed them to solve problems quickly and efficiently.

In 1911, the neuroanatomist Santiago Ramón y Cajal discovered that the measure of genius is the number of connections between neurons. That is,

geniuses are not born, but become. Genius is simply a certain stage of development of the mind.

Therefore, the problems in your life - this is a great reason to be smart and live long.

But the most common mistake is that people avoid problems. If there is a difficulty, they immediately run away from them or begin to whine, complain, nervous. Although why whine? You just have to think. The vast majority of problems seem scary, if you do not think. As soon as you begin to understand the problem, it no longer seems so terrible.

And after a while, it seems generally easy and fun. You can't even understand why you were afraid of it.

Therefore, remember: the easiest way to develop your mind is to solve your existing problems.

If you have a little problem, rejoice. This is a small chance to become smarter. If the problem is creative - that is, it is generally not clear how to approach it - then its solution definitely makes you smarter.

Creating an enriched environment

The most effective way to develop your mind is to surround yourself with creative problems and challenges. Then your mind will grow and develop every day.

The very first step is to create an enriched environment. For example, you decide to become an artist. This means that now you are doing so that brushes, paints and paintings should surround you everywhere. At any time you can reach out and draw something. In your free time you go to different beautiful places and draw, draw, draw...

You start to attend art exhibitions; you read the biographies of artists. You go to the artists themselves and communicate with them. And then a miracle happens.

After a while, you without effort and without any effort begin to draw better and better, because your brain will start changing itself. You do not need persistent classes; you do not need to force yourself, which is usually done in schools and universities.

When you live in an enriched environment, you don't need to memorize anything. Everything you need will be remembered by itself. The main thing is to be in it, to do it, to communicate on this topic. The more actively you learn a new area for yourself, the faster you begin to solve problems in this area.

Therefore, as soon as you want, for example, to open a business, first immerse yourself in this environment: read books of successful businessmen, play games like "Monopoly" or "Cash Flow", communicate with those who have already created their business.

Only here it is necessary to ensure that you read the books of those who created their own business, and communicate with those who actually made it. Because reading books of any losers who describe their ideas about the business, or employees who think they know something about the business, will only lead to what you learn to be like them: losers, who are only talking about business.

As soon as you have a taste for business, go to a team and be engaged in business. You can start as an assistant, an errand boy, then take your project, and then open your business. This is the fastest and safest way to become a businessman.

You can easily master any direction using the “enriched environment” principle. After all, all people are the same, so if one person has learned something, then you too can learn it.

Conversely, if you live in a depleted environment, that is, your life is dull and monotonous, then the mind gradually begins to atrophy, like muscles in an athlete, who has stopped training.

Task 3. Enriched environment

Write a list of elements of the enriched environment for your chosen life value. For example, you decide that you will be engaged in health. Then you need to write a list of people who, in your opinion, are really engaged in their health. Go and buy those items that are needed to work on your health: sports uniforms, dumbbells, simulators. Write a list of activities that you can do to care for your health: exercise, jogging, swimming in the pool, classes in the fitness center, etc.

Chapter 5. Man thinks with his whole body

The biggest mistake that people make in relation to their mind is to underestimate the influence of the body on thinking.

It is understood that only the head can perceive knowledge. But the head cannot do it in isolation from the body!

Human intelligence is provided by the nervous system. It consists of two parts:

- The central nervous system, which is located in the brain
- The peripheral nervous system, which is distributed throughout the body.

Back in the 19th century, it was established that thinking begins with the receptors of the peripheral nervous system. It follows that a person is easy to learn and thinks easily when the whole body is involved in this process. You will be much easier to think, if you really start to do something with your hands.

Numerous studies show that a person remembers only 10% of what he hears and 90% of what he does. The reason is that, when you do something, your whole body connects.

The brain is the central nervous system, which thoughts are processed in. But thoughts do not begin in the brain.

Thoughts begin in the peripheral nervous system, that is, any thought starts from your muscles, from your heart, from your kidneys, liver, genitalia, and so on, and the stomach, which give you some mental background. And against this background, your thinking has already begun.

If the background is distorted, then the thinking will be distorted. For example, you are very hungry. So that you are not thinking about it, your thoughts will slide all the time towards food. Thinking ceases to be effective. If you are sexually hungry, your thoughts will slip into sex and your thinking will no longer be effective.

Therefore, in order to have a strong mind, you need to ensure that your body is in order. You do not have to starve or overeat, sleep less or sleep more, and so on. Any disruption in the life of your body leads to a disruption in your thinking. What can you think about, if you have a stomach ache? That's right, just about that.

The first task for effective thinking is to make the bodily background of thinking natural. The body should be good - there should be a comfortable posture, shoulders should be straightened, the head should be lifted and so on.

Energetics of thinking process

When you are in a state of lethargy and laziness of the body, this is reflected in your thinking, which in turn is also likewise sluggish and lazy.

In order to understand this state, it is necessary to imagine the physiology of thinking.

From the point of view of physiology, thinking is a combination of two processes:

- The electrical process - the movement of charges on the neurons.
- Chemical process - the transfer of special chemicals (neurotransmitters) between the synapse of one neuron and the axon of another.

Neurotransmitters, entering the bloodstream, act as hormones. This means that the process of thinking and well-being of the body are closely related.

If you have happy thoughts, your body wants to start dancing. And vice versa: if you made a warmup and you feel more vigorous and energetic, the faster your thoughts flow and the easier the problems are solved.

Therefore, when you run, swim, dance, visit the sauna, pour cold water over you, you increase your energy and become smarter.

Energetics increases dramatically during the solution of complex problems. It is not by chance that when Archimedes solved a difficult task, he jumped out of the bath with a shout of “Eureka!” and ran naked through the streets of Syracuse.

Preparing the body for effective thinking

The very first sensation that enters the brain is tactile sensations. Therefore, whenever you need to think, start with your usual movements that are associated with the work process. For example, you can sit down at a table, prepare paper, a pen.

One inventor at the very beginning of work on the next invention always sharpened a pencil. At that moment, the brain was tuned to effective thinking.

If the problem is related to a physical object, for example, the device does not work, then start by simply holding it in your hands, twisting the knobs, and removing the cover. This is not so important in terms of its repair, but it is very important for your thinking. You immediately activate your thinking.

If you felt a mental difficulty in implementing a certain task - "turn on" the body.

From this point of view, physical models of difficult problems are very useful. It is not for nothing that architects build paper models of buildings, and the military create plans for future battles from sand, matches and wool. Visibility and tactility of models dramatically increase the energetics of thinking.

Children very quickly develop their thinking thanks to toys. Adults forget about this technique, but in vain. Adult toys can also help to solve a complex problem.

Task 4. Activation of thinking

Write a list of physical actions with which you will increase the level of energetics for effective thinking. In the chosen direction of thinking, write a list of physical objects, toys or models that you can use to activate thinking.

Chapter 6. Brain rhythms

The next important thing you need to know about your brain is that the brain, like any other organ, has rhythms of work.

Rhythm is inherent in all human activities. We rhythmically walk, rhythmically breathe, rhythmically waving our hands. In the same way, we rhythmically think.

It is important, that if you try to break the rhythm of walking, you will quickly get tired. Conversely, by entering a rhythm, you can safely walk kilometer by kilometer.

In the process of thinking is the same thing. Attempts to think non-rhythmically tire a person, therefore he refuses thinking in general. This is mistake. We need to find a rhythm, and then it becomes much easier to think.

There are several brain rhythms, but the most important of them are:

- Circadian rhythm - it coincides with the alternation of day and night.
- The mental rhythm is close to the pulse.

Circadian rhythm

Circadian (daily) rhythm is as follows. The brain works most efficiently immediately after waking up. Therefore, in the morning it is best to solve complex and creative tasks.

After lunch, the brain is good at solving routine and simple tasks. This time is well suited for everyday tasks.

In the evening, the brain does not like to solve problems, but remembers better, because evening is the best time to read.

At night, the brain does not like to strain, so it can perform only routine work.

Those, who try to work creatively at night, are just wasting time. They could do the same job in the morning much faster and easier.

Proper use of the circadian rhythm is as follows. If you are faced with serious and long-term mental work (writing a diploma, article, book), then you need to allocate for this a certain time. At this time, do not do anything else, but only writing your work. Moreover, even if it is not written, it does not matter. You can prepare materials, edit the already written part of the work, check the facts that you used. The main thing is that at the time that you have been allocated for work, you were engaged only in this work and nothing else.

After a while you will notice that you will enter in a rhythm and it will be much easier for you to do this work. Sometimes to the extent that when you are done, you will miss something in the morning.

The main human error in the rhythms of the brain is that, when a serious test is required, for example, an exam or preparation for the completion of a project, a person breaks the circadian rhythm and tries to work all day.

Further, a dead end, because the quality of work drops sharply, and the meaning or value of work disappears.

So remember: want to be smart - get enough sleep.

Rhythm of thinking

Thoughts rhythm is the alternation of thoughts. It is best felt, when you listen to music. You, probably, noticed that at different moments you want completely different kind of music. Sometimes you want fast and rhythmic music and sometimes slow and relaxing one. This is your mental rhythm at the moment.

You may have noticed that a person in deep thoughtfulness begins to rhythmically tap his finger on the table. It is he who beats off the rhythm of thought.

The easiest way to adjust yourself to the desired mental rhythm is to listen to the appropriate music.

From the point of view of thinking, the most effective mental rhythm is a rhythm that coincides with the pulse. In music, this rhythm is called as march.

It has long been observed that marching music contributes to the maximum energy of the body. That is why the brave fighters so enthusiastically marching with the marching step on the pavement. Music march raises the tone and morality.

But it is absolutely not necessary to think only in the rhythm of the march. It is not by chance that such a variety of musical rhythms. Each rhythm corresponds to a certain kind of thinking.

Marching music is ideal for solving typical and not very difficult tasks. The more complex and serious the task, the more classical music with its various musical rhythms is suitable for tuning to its solution.

If the tasks are very typical and simple, then popular dance rhythms are suitable for them.

But it is necessary to consider the following moment. Music is good only for the initial setting on the thought process. The moment you start thinking, the music only distracts and misleads. Therefore, it is better to be in complete silence at the moment of thinking and focus only on your task.

Task 5. Adjusting the rhythms of thinking

Schedule your typical day and distribute the mental load in accordance with the rhythms of the brain.

Pick up the music that you will turn on before you start to adjust yourself to the desired rhythm.

Chapter 7. Mind preparation for effective thinking

The body is prepared. Now consider the first step that needs to be done to solve any problem - to prepare thinking.

Now you will learn a simple, extremely effective technique that facilitates the solution of any problem. Let it seem simple to you. Use it and you will see how fantastic it works.

"Written wording" technique

Before you solve any problem, take a piece of paper and write down what you will think now.

Written formulation of the problem has the following meaning. The brain tends to be distracted. Therefore, thoughts are constantly running away from what you want to do. It often happens that a person cannot solve a problem not at all because the one is stupid, but because it cannot concentrate.

The magical power of this technique is that a simple phrase on a piece of paper is always in front of your eyes and does not allow your thinking to get away from the topic. This keeps your thinking back to the topic. Sometimes even a look at the wording leads to a solution.

The "Written formulation" is effective because it increases concentration. It is concentration that distinguishes effective thinking from ineffective.

A person with scattered attention cannot solve a difficult task, because thoughts run all the time. As a result, the vision of the task becomes blurry.

To solve any problem, "vague" knowledge gives nothing. How to take the first step to accurate knowledge?

Here is the most common mistake. Most people, faced with something new and incomprehensible, immediately get scared and exclaim:

- It's complicated! I do not understand this! I have no ability to do this ...

This is mistake. For a person, any knowledge at first is always diffuse, that is, incomprehensible and foggy. This is normal. But this is not a reason to stop. There is nothing difficult in any knowledge.

"Basic facts" technique

To stop wandering in the fog, you need to start your thinking with those things that are absolutely obvious to you, which you can rely on and write them down. This technique is often used by the authors of detective novels. In them, an astute detective at some point says:

- Let's turn to the facts.

Here you use this technique. Separate accurate and clear facts from vague reasoning. Clarity will come by itself.

To do this, you have simply to write on small pieces of paper those facts that are absolutely obvious to you. Separate sheets are needed, so that you can play with them: shuffle and fold in different ways. This will lead you to possible connections between the facts. The more complex the task, the more sheets with information you should prepare.

Writing facts is not the thinking process itself, but it is an important step towards preparing for it.

Task 6. Preparing for thinking

Write the wording of the problem that you will now solve. Write down facts on a piece of paper, which are completely obvious to you.

Chapter 8. Beginning of effective thinking

We begin the actual process of thinking. You need to be well aware of how this process takes place.

When the task is formulated, the brain is in a state of some mental stress. It arises from the fact that a certain image of what needs to be obtained has arisen in the brain, but it is not clear how.

A thought cannot smoothly flow from the beginning of task to its end or solution. This is a process of thinking, which requires time and depends on the difficulty of the task.

Solving a problem is to build a neural path from the image of the problem to the image of the solution. There are two ways to do this, which we will now consider.

Kinds of thinking

Man has two types of thinking: logical and intuitive.

Logic is a slow, sequential movement from one thought to another. We use logic when we prove, for example, the Pythagorean Theorem.

Intuition is a fast, parallel movement from one image to another. We use intuition when we are looking for an entrance in an unfamiliar building. Looking around and see where the main stream of people goes. Most likely, there is an entrance. There is no logic here. When you saw, then you realized where the entrance is.

Sometimes logical thinking is called rational and intuitive thinking - figurative.

You can call it whatever you like, but the main thing is not to make mistakes when these two types of thinking oppose one to the other. Often they write about left-brain thinking or right-brain thinking. This is not true.

For the mind, both logic and intuition are as important as for playing the guitar, both the right and the left hand are needed.

One must learn to use these two kinds of thinking together. Let's start learning this.

The general rule is. In a completely unfamiliar area for you, it is best to move in a logical, that is, very slow, but reliable way. But the more experience you gain, the more you use an intuitive, instant solution.

Now let's consider both of these types.

Logical thinking

You can understand the principle of logical thinking in such a task:

Often lonely girls complain: "I can't meet a man." But if you look at what these girls do to meet each other, the answer is: "Nothing." During the day they work, and in the evening they sit at home and watch TV shows. Elementary logic is violated - it is impossible to get acquainted with a man if you just sit at home.

Logical thinking is a chain of thoughts, each of which follows from the previous one. The main thing is not to miss the chain links. To facilitate logical thinking is best of all a sequence of thoughts to write on paper.

For example, task: "I want to meet a man."

We start to write a logical chain:

1. To meet a man, you need to meet him.
2. To meet with a man, you need to go where men usually are.
3. To go there, you need to allocate time for this.
4. To set aside time, you must stop watching TV shows, sitting on the Internet, chatting with girlfriends... And so on.

It is very important at what point the logical chain ends. And now we will see the difference between strong and weak thinking.

Strong thinking brings the logical chain to the end, that is, to a specific action that needs to be done and which no longer requires additional reflection.

For example, in the example above, the final link might look like this:

Tomorrow at 19-00, instead of watching the next series, I am going to the training “Let's get acquainted”.

In this case, you can already expect some results from your thinking.

Weak thinking throws reasoning halfway, not bringing it to its logical conclusion.

For example:

- I'm afraid to meet...

“I don't know where to go.”

- The TV show is very interesting...

And the thinking stops at this point. Obviously, in this case, thinking was wasted. It did not give any result.

Most people think somehow. But they think in weak way, not bringing it to the result. That is why there are no results.

Moreover, weak thinking just takes a lot of energy and therefore is very tiring. A person constantly returns to the same thought, cannot solve it and then throws it. That is why thinking is considered to be a difficult process. People try to avoid it. Someone once said that a person would do anything to avoid thinking.

This is mistake. Strong thinking is a very pleasant thing that gives energy. Feel free to start thinking, bring thoughts to a logical end and you will see what results you can achieve.

Intuitive thinking

Intuition is holistic perception. In order to develop intuition, it is necessary to develop mental work with images - ingenuity.

Ingenuity is the ability to see key images in a situation, compare them and understand what is happening.

Task. What figure has a circle in projection?

The task is very simple. I think that you immediately realized that it was a cone.

Decision. For the development of ingenuity you need to use as much graphic information as possible: diagrams, maps, diagrams, photos.

For example, for developing business processes, it is convenient to use visual pictures that allow you to see the order of processing orders.

The more and more difficult the task before you, the more drawings and schemes you need to use. As soon as the thought occurred, it is better to make a simple sketch. This will help your intuition.

Task 7. Outline of the decision

Take any task and make a sketch of the task. It can be done in a form of block diagram or small drawings. Based on this sketch, outline a sequence of steps that may lead to a solution.

It is not necessary to solve the problem yet. The main thing is to feel how your thinking works in various forms: logical and intuitive.

Chapter 9. Seven gold rules of strong thinking

Let's proceed to the description of the rules of strong thinking.

Rule 1. Start at the end

When you start a decision making, you should roughly represent what kind of result you will get.

The trick is that, whatever you think, you ALWAYS get a result, the material result. What surrounds you is the result of your thoughts.

Let's say you thought about money, your money. For example, you dreamed of having more of them, and the thought stopped there. Then the amount of money you have will not change. The idea is not completed.

For change or in other worlds for achieving your goal, you need to start from the end. That is, first think about how much money for you is a normal amount and write your thought. Now you can already think about how to get them.

Otherwise, it turns out a trap. You came up with some financial idea, but it still does not give you as much as you want. Therefore, even thinking was not worth it.

Rule 2. Finish with action

Once you start thinking, you need to think to the logical end. How to understand when to stop? For this, use the following rule: strong thinking stops only, when the next concrete step is clear. That is, you wrote on paper such an action that does not require any additional resources.

Example. You decide to talk to your boss about a salary increase. If you write only this, it is not clear when and what exactly should be done. But if you write: "On Wednesday, at 10-00 I'll go to the reception room and sign up for the meeting," then this is a completely different matter.

Sometimes the next step is unclear, because it depends on other people. In this case, as a first step, you should write to contact this person.

Example. You want to gather a cheerful company of friends for ride a yacht. But in your company, only one person, John, has a yacht. In this case, no need to plan further. You need to write yourself: "Call John and find out, if he wants to take for the ride you and your friends on his yacht."

Thinking, which does not end with action, is weak thinking.

As a rule, it ends with empty dreams. If the problem is not very important, then there is nothing terrible: just your lost time.

But if the problem is vital for you, then thoughts without action lead to neurosis. Because after all, weak thinking does not change your life, so the problem comes back again and again.

Rule 3. Moving from the known to the unknown

When the problem is too confused, you should not wander in the fog. Always start with what is clear and obvious. Write it on paper. And then, when you see what you do not understand, you begin to look for it, find out, recognize and gradually build the overall picture.

Therefore, faced with an incomprehensible problem, you should write down what you know, and go to collect further information.

Rule 4. Moving only forward

Strong thinking moves from one thought to another strictly in the direction of the result. It is written on your piece of paper what you are thinking about - that's what you are thinking about.

A common mistake looks like this. You have already decided something, drew down a plan of action, and then you got afraid: "Oh, what if it doesn't work out!" - and you start thinking of another option. Everything is a dead end. You will continue to roam around. You can find out whether it will work or not, only by trying to do it.

In the yacht example you can make the following error. Having already decided that you will call John, think: "Oh, and if he refuses! I would rather organize something else."

In this case, you are at a dead end.

- First, your thinking is immediately depreciated, because you did not take action.

- Secondly, you decided for John. You do not know whether he wants or does not want. Maybe he would be glad that someone invites him to spend time together.

- Thirdly, you will start to organize something else, but in the end you will be scared again. And it can last forever.

Most often it happens as I wrote. People with a weak mindset may be afraid to make a decision for years. All the time there is thinking in a circle, and it does not end with action.

Better quick decision and concrete action than long thinking and trying to foresee everything. It is impossible to foresee everything.

Rule 5. Only you can make a decision

When you start thinking about a task, then most often in any everyday problem your decision affects other people.

For example, you want to talk about a pay raise or date.

The mistake of weak thinking is that you shift the decision to another person. It looks like this: if you are refused, the other is to blame. And you do not even think about how to do it correctly.

Strong thinking is to think immediately for another person, while thinking about your problem. Why does he have to agree with you? What is its benefit?

In this case, your proposal will already be formulated much more intelligently and has a higher chance of success.

And it's a completely empty option when you are trying to talk, if you haven't made any decision yet. This results in an empty idle talk, because you yourself do not know what you want, and the interlocutor all the more.

So remember: when you think, then from beginning to end you think only yourself, and the decision will be made by you personally. And then you start to communicate and watch the result of your reflections.

Example. If you want to invite a girl, then YOU decide for yourself where you want to invite her: what film and session. The first action is that you collect this information: what an interesting film is now and where it is shown. And only after that you meet with the girl and offer a ready-made solution. If she does not like one film, offer another, do not like this time,

offer another, etc. Your chances of going to the cinema will increase significantly than if you said:

- Let's go to the cinema.
- What is now in cinemas?
- I don't know, I thought you know...

Rule 6. Think clear

A man cannot know everything. This seems to be an obvious thought, but when you forget about it, difficulties arise: you start thinking about the problem, vaguely imagining what you are thinking about.

Example. You have come to buy a small computer, and the seller asks you:

- Do you want a laptop or netbook?

If you clearly understand the difference, then there is no problem. But if you do not understand, you can fall into the trap. You can pretend that you know, and start to solve a vague task. It is clear that in the fog you can easily make a mistake and buy something completely different from what you need.

In real life, such situations are at every turn. You cannot be an expert on all issues, you cannot thoroughly understand computers, cars, washing machines, vacuum cleaners and other things, but you need to use all of this.

Therefore, remember the following rule of strong thinking: you do not understand - ask.

People fall into the trap of foggy thinking because they are afraid to seem stupid. But a really intelligent person remembers that one cannot know everything that is why an intelligent person constantly asks for advice.

Rule 7. Check the chain

This is the final rule of strong thinking. When you have painted the solution of the problem and outlined the first action, then do not rush to do it. Remember: "Measure seven times - cut once."

You need to carefully review the entire chain link by link. In this case, you must answer two questions for each link:

1. Do you understand what needs to be done here?
2. The result will give the opportunity to move to the next link?

And when you went through the chain, then answer the question about the chain as a whole:

Chain will lead to the desired result?

If the answers to all questions are positive, then you can safely proceed to action.

Task 8. Building a chain

Now begin to solve your problem, applying the rules of strong thinking, which you learned about in this chapter.

Chapter 10. The weakest link

When you have thought properly and have made a chain of actions, then it's time to start the implementation. But, as a rule, most remarkable plans are never fulfilled.

Why? Because there is a weak link in each chain, which breaks and the whole plan collapses.

The weakest link of any plan is YOU.

Why don't you reach the target? Because you do not take into account that you are a person - and your behavior is dictated by feelings. You must take this into account and be absolutely clear - you can achieve a goal, only if you have positive feelings from MOVEMENT TO GOAL.

Example. Let's say your goal is career growth. And at a meeting with the director, a very interesting project is being discussed, for which no one wants to undertake: the sale of a new product - reactive cultivators. You understand that this is your chance. You calmly say: "I am ready to take it."

The next morning you come to work and discover the following facts:

- You do not understand what reactive cultivators are and why they are needed. All information on them is only in Chinese.
- Your subordinates believe that the project is delusional and nothing will come of it.
- You meet the head of another department, who is very happy that this project was not hung on him.

- And most importantly, you are not at all interested in understanding what it is.

It passes day after day. Things do not move and cultivators are not sold. Every week at a meeting with the director you mumble:

- We work, we try, and there are some changes.

Week after week passes, but there are no results. You no longer want to go to work in the morning, and at work you are just waiting for it to end. From cultivators you are already sick.

Six months later, you are removed from management, the project is closed and the label of a bad worker is attached to you. You can forget about promotion and career development.

Where was the mistake in this story? The mistake was that you broke the main rule of success, which you learned in the third chapter: do only what interests you.

Forgetting about yourself, you got involved in a deliberately losing project for you.

This error is very common. The reason is that at school and at the university the emphasis is on solving educational problems. There your identity is not important. The sum of the corners of the triangle will be equal to 180 degrees regardless of your mood.

But life tasks do not just depend on your knowledge and experience. In the upset feelings, you can not only not solve the problem, but also aggravate it. The correct approach is only one. Starting thinking, you start it from yourself.

Before you start solving a problem, ask yourself questions:

- How personally do you care?
- How much are you willing to invest in it?
- Will you be interested in not only the result, but also the movement towards it?

Otherwise, you will not reach your goal.

The picture is especially awful, when a person does not think about himself at all, but simply takes someone's recipe for life and tries to adapt to it. It will not work. What is nice and interesting for one person can be completely unsuitable for another one.

Disabled intelligence

But that's not all. Your best plan may fail as well because your intellect may turn off. This is similar to the way the lights are turned off in your apartment. Immediately it becomes dark, turn off the TV, computer, refrigerator, and it is not clear what to do.

Therefore, you need to know the reasons for disabling intelligence. Nature has built a spare human control mechanism specifically for hazardous situations. If you walk through a dark forest and somewhere a twig snapped, it is best to be frightened and not to go just in case. Suddenly there can be a dangerous beast.

The backup mechanism is emotions. Remember the rule: emotions disable intelligence

Therefore, you must ensure that at the moment, when you are ready to solve the problem, you were calm. Otherwise, postpone the task until you calm down.

The easiest way to calm down is when you feel that you are in control. The feeling of control itself is very nice. Therefore, in any difficult situations, always watch your state of mind. Remember that if you panic, it will only get worse.

Task 9. Check for interest

Now review your decision that you made in the previous step and record the answers to the questions that were asked in this chapter:

- How personally do you care?
- How much are you willing to invest in it?
- Will you be interested in not only the result, but also the movement towards it?

Chapter 10. The strength of working models

We now turn to assessing your decisions. Suppose you thought for a long time, and came up with something. How to evaluate how your decision will be successful?

There is a simple way to evaluate success, which few people guess. Despite its apparent simplicity, it is very effective, so use it.

"By analogy" technique

This technique is called "By analogy." People around you do something all the time. Sometimes they succeed, sometimes they don't.

The essence of the technique:

To evaluate the success of your decision,

You need to pick up an analogue of someone successful solution.

The problem is that it is impossible to foresee everything. That is why the most beautiful plans collapse because of the little things that are not foreseen.

So, look for already made working solutions. Do nothing from scratch. The smartest thing you can do is find a ready-made working model that you can apply with minor changes in your case.

A small amendment. In this rule there is one exception - this is science. If you are engaged in science, then you have to do everything from a clean slate. But in life situations, to invent something from scratch is nonsense.

Let's take a mobile phone. This is an amazing twentieth century invention that changed the world. You can use your mobile phone so that it will work for you, and so that it will work against you.

See how successful people use the phone. They have developed an interesting rule: "A mobile phone is needed so that I could call at any moment and not so that I can be disturbed at any moment". Therefore, as a rule, successful people try not to give their phone number and turn it off when busy.

Losers are the opposite. They keep their mobile turned on around the clock and rush to answer the call, no matter what happens.

Even if it seems difficult to you, then think about this: once having mastered the working model, you can use it all your life.

And vice versa. If you use a non-working model, then you will all the time stumble on the same mistakes. This is the secret of the helplessness of people in various issues. Someone cannot navigate in an unfamiliar city, someone - to perform on the stage, someone - to master the computer. And thinks it is forever. If you think so, then so be it.

It does not work? Then perhaps there is a mistake somewhere. Find it and fix it.

The biggest difference between smart people is that they constantly consult, ask, look for specialists in their field and study the experience of other people.

When you are looking for working models, keep in mind that you need to look for the right sources of information, that is, you can listen, watch, communicate only with people, who actually do something in life.

If you are interested, for example, how to cook kebab correctly, you should communicate with those, who cooked kebab in a way that you like and then you ask for a recipe. And if you believe that a person knows how to cook, but you have not tried it yourself, then it is pointless to follow it.

The same way is with business books. You should read only those books, which were written by people, who have a business, because most of these conversations about business come from people, who have never engaged in business.

Most business books are full of absolute nonsense, which is not worth reading. The reason is that these books are written not by businessmen, but by journalists, who themselves have not organized a single firm. For example, in one journalistic firm it was written that large inventions are based on big money. Nothing could be further from the truth. Most millionaires make their fortunes on absolutely boring and routine goods such as mosquito repellent or carpet cleaner. It's not about inventions, but about competent business organization.

Or take a topic like spirituality. If you are interested in spirituality, then look for those people who live spiritually. Chat with them and read what they wrote, because there is a strange tendency. People, who like to talk about spirituality very much, quite often themselves have plenty of unsolved life problems and try to teach others to spirituality.

The problem of distorted information is so important that a separate chapter will be devoted to it, but for now the task.

Task 10. Sources of ready-made solutions

Write a list of people, who really succeeded in your direction. Find their books, sites, forums.

Chapter 11. Concrete thinking

So, you made a wonderful plan. You took into account all the details, compared by analogy with other plans, tried to implement it and ... failed.

What is the reason and what to do next step in case of failure?

Most often, the failure is due to the fact that the plan was too abstract and blurry. Many success books do not pay much attention to this very important thing.

You must distinguish between abstract and concrete thinking.

Abstract thinking is thinking that uses words with a very vague meaning: spirit, matter, nature, transcendence, etc.

Concrete thinking deals with clear values: price, time, weight, volume, etc.

The best visual example of a particular mindset is the TV remote. I pressed the button - I got the result. It is to this ideal that one must strive for. Your thinking should not just soar in mental constructions, but always think in terms of direct actions: where to go, what to say, what to press on, etc.

A smart person is always concrete.

It is important to understand the difference between knowing and chattering. Knowledge is a set of concrete actions.

The only way to understand something is to apply this knowledge to reality and get a result. If it worked out - this is knowledge. If it didn't work, it's just a crap. This is the biggest secret of successful people. Successful people do not guess, do not assume and do not hope.

They exactly know what to do and they do it.

Therefore, the secret of success is simple: look for real knowledge - working knowledge. Not approximate, not vague, not foggy, but precise, concrete and effective knowledge.

Working knowledge is the best investment of your time and your efforts. Knowledge always remains with you, it cannot be stolen from you and you cannot lose it.

Now you will learn a simple method of transition to a specific thinking. As soon as any idea was born, you ask yourself the question: "How to do it?" And ask this question until the answer is crystal clear to you.

Your plan must be concreteness all the time.

Task 11. Test for concreteness

Take your plan and ask for each item: “How to do it?” Add the answer to the plan. Repeat your plan until it is completely clear for you in every detail.

Chapter 12. Critical thinking

It was already said that for success you need to look for ready-made working solutions. But there is one very serious problem.

If, for example, your business is not going well, in most cases you are not guilty. The reason is that you were cheated.

As it may not seem strange, but the vast majority of information that you receive from numerous television channels, radio stations, magazines, newspapers and websites is a direct lie and fraud. Moreover, the authors of these programs and websites are also not to blame for this, because they sincerely believe that they tell the truth. They are also deceived.

A smart person in this muddy stream of false information should be able to identify the real and the working. To do this, you should be well aware of:

- Who is deceiving you?
- Why are you being cheated?
- How do they do it?

If you can see it, then it is easy to recognize the deception. So, let's get started.

Who is cheating on you?

Unfortunately, not just people are deceiving you, but entire institutions that are created precisely to deceive you. They can be divided into several groups: politicians, journalists, advertisers etc.

Why are you being cheated?

The problem is that although special groups of people are engaged in misinformation, but you personally are deceived by a much larger number.

Why is that? Because when a person is deceived, then he considers this to be true and absolutely honestly passes it on.

Therefore, your parents, friends and colleagues, despite the fact that honest people do not want bad things, nevertheless, constantly may bombard you with incorrect information.

This greatly hinders the achievement of your goals: for example, business. If you interview your acquaintances, who are employed, whether you should go into business, they will tell you a lot of wrong stereotypes: this is impossible, you need initial capital, all businessmen are rogues, etc.

Only communication with real businessmen will help you get rid of false stereotypes and calmly open your own business.

How to distinguish truth from lies

How are you cheated?

To counter this lie, you need to see well the mechanism of deception. He is carefully hiding and it is not so easy to do. But if you see him a couple of times, then you will begin to see him everywhere.

So, let's talk about how the deception mechanism is built.

It consists of three steps.

1. Turning off the mind

In order to deceive you, you must first turn off your mind. To do this, they use the magic phrase: "Believe me."

It stands for: "Stop thinking, become a moron, and act as I tell you."

That is, as soon as someone talks about faith, in fact it is a hidden control of you for the purpose of fraud. After all, if everything was fair, why believe? You can say everything openly.

2. Use of blurry words

All deceivers love words with a hazy meaning: god, karma, socialism, horoscope, antioxidants, torsion fields, Feng shui. To look and feel it all is impossible.

But the crooks say these words so confidently that it seems to a person that he does not understand this, and the interlocutor knows everything.

3. And now you do this or that

And fraud ends in a very interesting thing. Some incomprehensible words have just been said, but at the end, an absolute concrete action is usually

said:

- “Vote for me”
- “Give a donation”
- “Buy”
- “Work for me”, etc.

And since a person believes them, because the mind is disconnected, he does what they want from him.

In order not to be deceived, remember the first rule: vague knowledge gives nothing.

As soon as you understand that you do not understand something, stop. Ask questions about exactly what this person means.

Next you need to determine whether the person himself is deceiving you, or is it an unfortunate who has been deceived by others.

A fraudster can be identified by the phrase: “You do not believe me?” This phrase immediately betrays a fraudster. A conversation with a fraudster must be stopped immediately, because further communication does not make sense.

Barnum Effect

As we have said, the weakest link of any plan is yourself. During the defense against cheating is the same. As a rule, it is difficult to deceive an adult person if you try to sell rotten meat to him, but it is very easy to deceive him if you tell him something flattering about him.

This method of fraudsters is so widespread and so many people fall into it that it was called the “Barnum effect” by psychologists.

The essence of the Barnum effect is as follows. If a person is offered some generalized, but Pleasant description of the person, then the person concludes that this is exactly about him.

This effect works so well that even phrases (so-called Barnum formulations) that most people take on their own account have been specially highlighted. You have read Barnum's wording many times. Of them fraudsters make horoscopes, the conclusions of parapsychologists, the predictions of palmists and other rubbish.

You can see for yourself how well they work. Here are some examples of Barnum’s language, see how it suits you:

- You have a lot of hidden features that you never used to your advantage.
- At times, you are seriously doubted whether you made the right decision or did the right thing.
- You are self-critical and soberly assess your capabilities.
- You have an independent thinking; you do not take other people's statements on faith without sufficient evidence.
- Although you have some personal flaws, you usually know how to deal with them.

As you can see, getting on such formulations is very easy. Therefore, be very careful if you hear about yourself something pleasant from an unfamiliar person.

Task 12. Test for deception

Re-read your plan and highlight with a marker those places that you did not personally check, but wrote from hearsay. Be especially attentive here.

Take any horoscope and highlight with a marker those descriptions of the signs of the zodiac that you think are quite suitable for you. Make sure there are significantly more than one.

Chapter 13. Concentration on goals

When you reach your goals, the speed at which you reach them also matters. Obviously, if you save money every month to buy a house , you will definitely buy it. The question is when?

The human mind is manifested not only in achieving results, but also in time required to achieve it. Such quality of mind as concentration is responsible for this.

Concentration is the conscious holding of attention on a task. The opposite quality of mind is absentmindedness.

The importance of concentration is explained by the fact that the area of conscious perception in a person is extremely narrow. The mind can hold in the field of attention only about seven objects.

If the task is complex and involves dozens of elements, then the only way to understand the whole picture is to consistently examine these elements until the overall mental picture is formed.

Authors of textbooks consciously simplify learning tasks. There are not many elements.

But according to researchers in the average life task there are from thirty to one hundred elements. The process of only understanding a complex task is a task in itself. And if at this moment attention is distracted, then everything is forgotten and the process must be started from the beginning.

It is for this reason that amazing statistics exist in science. Often one brilliant scientist makes more discoveries than a whole research center,

which employs hundreds of people. The secret of geniuses is in their ability of the highest concentration.

Smart people at each point in time work only on one task until they bring it to completion, then they take the next one. But in the modern world this is not so easy to do, because the rapid development of information technologies has led to a person being bombarded by a mass of heterogeneous signals that distract him greatly.

As a result, the problem of the 21st century appeared - information overload. You can be a very intelligent and educated person, but you always fail because you can't concentrate at all.

From here the efficiency of your thinking sharply decreases, you quickly get tired and often the situation seems hopeless to you.

Concentration control techniques

How to concentrate?

Look at the predators. They are best able to concentrate. Notice how the cheetah hunts. First, the cheetah slowly and imperceptibly approaches the prey as close as possible, then a quick jump follows, and the prey finds itself in the paws.

That is how an intelligent person thinks. First, the period of silence and immersion in the task: at this point there should be no rush, no distraction, and no talk. Only silence and calm flow of thought. And then smart person makes a decision and a short and precise action.

And vice versa. A stupid person always looks at something, reads and talks. All the time it is somewhere in a hurry. His mobile phone is constantly ringing, messages about incoming letters appear. He tries to do everything, but does not have time. Runs like a squirrel in a wheel, but always remains in the same place.

Let's examine the most effective concentration control techniques.

We will start with the most important concentration control mega-method, which will significantly increase your efficiency.

1. “Flashlight” technique

Imagine that you are wandering in a dark basement with a flashlight and you need to find a way out. If you shine under your feet, you can safely take the next step. If you shine in different directions, but you do not see where you are going, you can stumble and fall. Or worse, fall into some hole.

Now the rule: as soon as you are going to do something, ask yourself the question: “Why am I doing this?” This question, like a flashlight, will highlight your next step. And, as it turns out in most cases, you do not need to do this at all.

2. “Garbage disposal” technique

The peculiarity of modern life is that the information around us contains more garbage than real good. It is as if sand and clay were poured into your plate. It's not suitable for eating.

But a person mindlessly absorbs so much useless information: news, advertising, forecasts, horror stories, details about someone else's life that his mind cannot function longer. What is the concentration there?!

Therefore, in every way you need to limit the flow of information: do not watch TV, do not listen to the radio, do not go aimlessly on the Internet. It all clogs your mind and it stops functioning.

3. "Do not get into the details" technique

There is an interesting paradox. The more useless the information is, the more details it has.

So remember: as long as you are not personally involved in any business, the details of this business are completely unimportant for you. So do not read, do not listen, do not go into details. Read the title. Not your topic? Do not read further.

4. "Minimum fuss" technique

This technique is very simple. Never do business, the result of which is completely irrelevant to you.

There are many such moments in life. We went to the site, and there was a questionnaire of fifty questions of the type: "Find out which member of the Adams family you like the most?" What is the point of wasting time filling out this questionnaire if the result gives you nothing?

Do not do anything that you cannot do.

5. "Conflicts solving" technique

This technique should be used in cases, where there is any conflict. The fact is that smart people solve any conflict with a simple agreement. But since those around you are not always smart, they like to arrange disputes with argument.

The problem is that although the dismantling of good wishes begins, but then emotions begin, and emotions, as you remember, turn off the intellect. Therefore, most often disputes end with scandal. And there is no real benefit from this.

Therefore, as soon as you see that the discussion turns into disputes, immediately stop the conversation. It makes no sense to talk further.

Feel the joy of achievement

Distraction has a big disadvantage. Not only does it make it difficult to achieve success, but even if you achieve it, it prevents them from enjoying.

You may have noticed that when a pleasant event happens, suddenly thoughts run away to some unpleasant trifle and the mood immediately spoils. This is also a consequence of scattered mind.

Therefore, make it a rule: after each completion of a difficult task, take time to feel the joy of achievement. If the problem is small, then arrange yourself rest and relaxation.

If the problem was difficult, then you have to arrange yourself a real holiday. Moreover, after reading this book you will have much more reasons for a holiday.

Conclusion

Well, let's summarize. You have read the book. It contains specific tips on how to become smarter, much smarter. To check how you understand the content, try to answer the following questions:

1. It is believed that an intelligent person is one who remembers a lot and well solves crossword puzzles, but really?
2. What are the goals of a smart person?
3. How does a person get wiser?
4. How are the mind and body connected?
5. What is the significance of brain rhythms?
6. How to prepare for thinking?
7. What is the difference between logic and intuition?
8. What are the rules of strong thinking?
9. What is the weakest link in thinking?
10. What is the strength of working models?
11. How to make thinking specific?
12. Who deceives you and how?
13. How to achieve concentration?
14. What qualities do you need to become successful?

If you could not answer all the questions, then do not worry, because the material is new and complex. But in this case, I recommend re-reading the

book again.

About Author



Samuel Greenberg, writer, teacher, educator, researcher and practitioner with interests in astrology, NLP, psychology, human health by natural methods and other fields.

For questions and contacts, please use e-mail: samlost100@gmail.com

I will glad to answer your questions and use them in my upcoming books.

