29. Minds Wander 30 Percent of the Time

Mind wandering is an activity that happens to everyone. As the text describes, it happens to us at least 30% of the time. It has some merits, for example, reading a report and wondering where it is going can give the ability to critically think about it. A con is mind wandering about how your favorite sports team did last night.

The text *Creativity and the Wandering Mind, 2020* goes into great detail between the differences of mind wandering and daydreaming. The authors (as did our text) say that the difference between the two is how much fantasy is put into the thought. The authors do concede that they can be used interchangeably. Creativity and the Wandering Mind also makes mention that 96% of American adults say they experience this daily. I would think it would be 100%, and would be interested to know the people who don’t experience it.

https://www.sciencedirect.com/topics/psychology/mind-wandering#:~:text=Mind%2Dwandering%20is%20a%20common,on%20internal%20trains%20of%20thought.

30. The More Uncertain People are, the More they Defend their Ideas

This is a favorite topic of mine because I love to argue with friends. In a lot of cases, I’ll argue a point I don’t believe in just to make conversation. A lot of what the text says reminds me of those moments. Even If I don’t agree with a point, I try to show them I believe it. Today, you can see this everywhere. I’d make the argument that social media enforces this rule. Persuading people seems to be an inherited skill that actives our brains in certain ways. If your aim is to change someone’s belief, you should do it in chunks. If they don’t like pineapple pizza try starting them with pineapples with sauce only!