

Practice Makes Permanent

Barbara Oakley, PhD, PE





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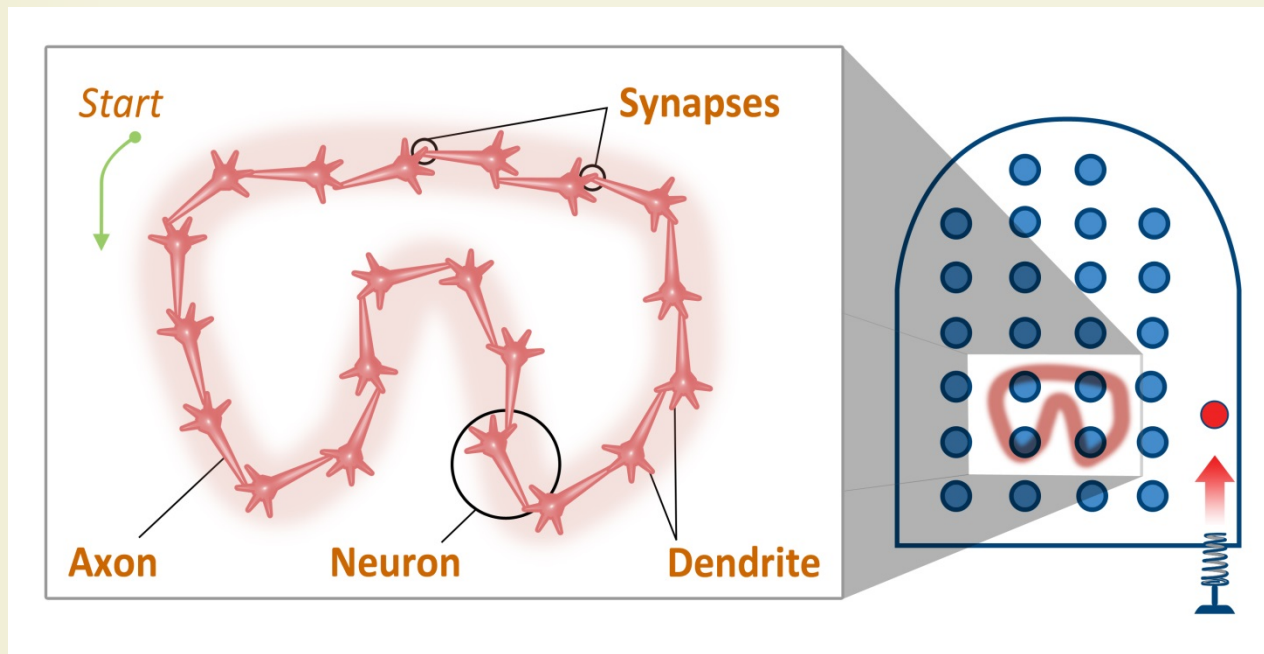
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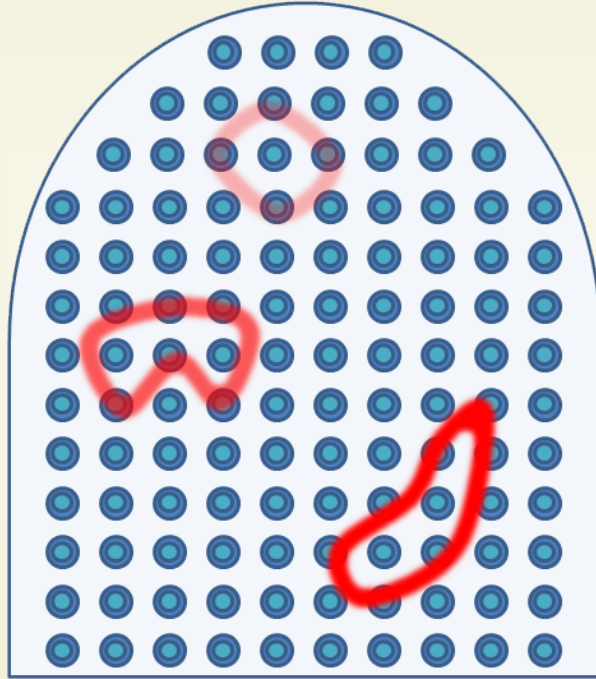
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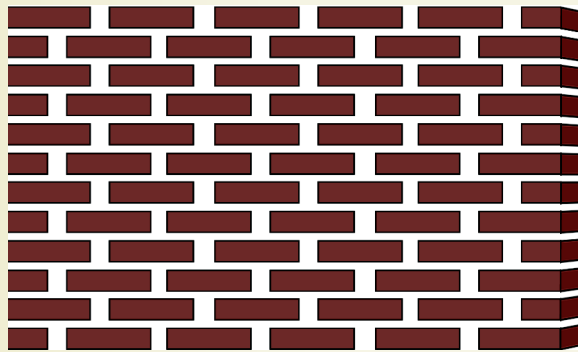
Creating a neural pattern



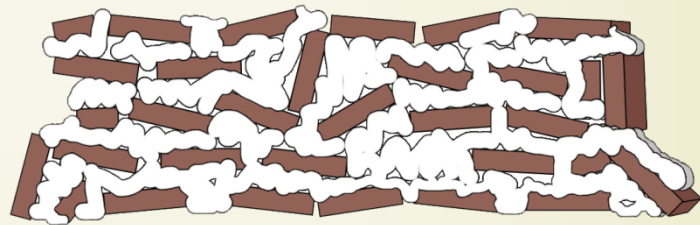
Practice makes permanent



Building strong neural structures



A little every day



All at once

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- See also extensive endnote references and discussions in Chapters 2 and 3, *A Mind for Numbers*, Barbara Oakley, Penguin, 2014.

Image credits

- Barbara Oakley, age 10, with Earl the lamb.
- Barbara Oakley, age 18, in the US Army.
- Barbara Oakley, on the Soviet trawler “Tigil” on the Bering Sea, 1983.
- Barbara Oakley at South Pole Station in Antarctica, 1983.
- Philip Oakley, Siple Station, Antarctica, 1982.
- http://en.wikipedia.org/wiki/File:Cow_female_black_white.jpg
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