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Theoretical physicist Leonard Mlodinow joins us with insight from his book Elastic: Flexible Thinking in a Time of Change, drawing on cutting-edge research in neuroscience and psychology to illuminate ways in which the human brain is uniquely engineered to adapt. Mlodinow takes the stage for a look at the mechanics of our own minds as we navigate...

Elastic: Flexible Thinking in a Time of Change (Signed Book) by Leonard Mlodinow. From the best-selling author of Subliminal and The Drunkard's Walk, a groundbreaking new look at the neuroscience of change—and how elastic thinking can help us thrive in a world changing faster than ever before.

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One of the abilities most important to elastic thinking is the power to relax your mind, to let your guard down. Being focused is important in rational/logical thinking, but it means your filters are turned up high, so your ideas may have a narrow range, and tend to be conventional.

Elastic: Flexible Thinking in a Constantly Changing World ...

Your Elastic Mind | Psychology Today

Elastic: Flexible Thinking in a Time of Change. - Elastic thinking is associated with high levels of neophilia (love of novelty) and higher levels of schizotypy (tendency toward original thinking, sensing unusual connections or feelings, and nonconformist behavior), both of which can be cultivated.

The answer: Elastic Thinking. It's an ability we all possess, and one that we can all learn to hone in order to succeed, at work and in our everyday lives. Here Leonard Mlodinow, whose own flexible thinking has taken him from physics professor to TV scriptwriter and bestselling author, takes us on a revelatory exploration of how elasticity works.

How to become an 'elastic thinker' and problem solver ...

Amazon.com: Elastic: Flexible Thinking in a Time of Change ...

The Power of Flexible Thinking - Scientific American

Elastic thinking is what endows us with the ability to solve novel problems and to overcome the neural and psychological barriers that can impede us from looking beyond the existing order. In the coming pages, we will examine the great strides scientists have recently made in understanding how our brains produce elastic thinking, and how we can nurture it.

Leonard Mlodinow with Jane C. Hu (3/20) - Town Hall Seattle

In his book Elastic: Flexible Thinking in a Constantly Changing World, Leonard Mlodinow confirms that the speed of technological and cultural development is requiring us to embrace types of thinking besides the rational, logical style of analysis that tends to be emphasized in our society. He also offers good news: we already have the diverse cognitive capabilities necessary to effectively respond to new and novel challenges.

Elastic: Flexible Thinking in a Time of Change by Leonard ...

Elastic: Flexible Thinking in a Time of Change Leonard Mlodinow. Shop Now. An unchanging environment offers those who have found a comfortable niche no urgent impetus to explore or innovate. But conditions do change, and animals have a better shot at survival if they have previously gathered information about new feeding sites, escape routes ...

The elastic thinking that produces ideas doesn't consist of a linear train of steps, as analytical thought does. Sometimes big, sometimes inconsequential, sometimes in crowds, sometimes as loners ...

The narrative is based in the separation of the human thinking in three groups: automatic respons-

es, analytical conscious thinking, and unconscious elastic thinking. The author argues that elastic thinking is very important for today's world, where rapid and fast changes are the norm. The book is written in a clear and easy-to-read fashion.

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