

# Free epub Mastermind maria konnikova (2023)

what is it that separates sherlock holmes from his long suffering friend and side kick dr john watson what makes holmes such a superior detective able to piece together clues and solve problems that seem elementary to watson only in hindsight and can we most of us watsons ourselves ever harness a bit of holmes s extraordinary powers of mind not to solve crimes but simply to improve our lives at work and home the answer is yes and in mastermind psychologist maria konnikova shows us how using plots and passages from the wonderfully entertaining holmes stories she illuminates how arthur conan doyle s detective embodies an ever present mindfulness and how this active mental disposition proves foundational to his success beginning with holmes s concept of the brain attic a metaphor for the information we choose to store in the mind and how we organise our knowledge konnikova unpacks the mental strategies that lead to clearer thinking and deeper insights moving through principles of logic and deduction creativity and imagination mastermind puts 21st century neuroscience and psychology in service of understanding holmes s methods with some self awareness and a little practice we can all employ these methods to develop better strategies solve difficult problems and enhance our creative powers writing for holmes fans and casual readers alike konnikova has translated what so many of us love about the great detective into a remarkable guide to upgrading the mind

qual è il segreto della mente più brillante della letteratura di tutti i tempi come fa a risolvere la miriade di casi complicati solo grazie all osservazione e al ragionamento liquidando poi puntualmente l ammirato assistente con il suo proverbiale elementare watson la risposta è in questo saggio della psicologa maria konnikova che da lettrice appassionata delle avventure di sherlock holmes ne studia il processo mentale riprendendo una delle metafore più conosciute che il detective usa per illustrare i poteri magici della propria mente il cervello come una soffitta vuota che va riempita e organizzata e attingendo alle teorie neuroscientifiche l autrice individua in watson e holmes i rappresentanti di due sistemi di pensiero contrapposti di due modi diversi di organizzare la propria soffitta e quindi di ragionare attraverso un analisi attenta konnikova fa luce sui meccanismi cognitivi umani innati il sistema watson e sulle loro falle che conducono a scelte e deduzioni erranee per contro ci introduce al sistema holmes aiutandoci a capire come anche noi con un po di esercizio possiamo aspirare a esso potenziando così il nostro spirito di osservazione e le capacità decisionali in ogni ambito della vita una nuova avventura al fianco di sherlock holmes stavolta alla scoperta del mistero per eccellenza la mente umana the new york times bestseller a new york times notable book the tale of how konnikova followed a story about poker players and wound up becoming a story herself will have you riveted first as you learn about her big winnings and then as she conveys the lessons she learned both about human nature and herself the washington post it s true that maria konnikova had never actually played poker before and didn t even know the rules when she approached erik seidel poker hall of fame inductee and winner of tens of millions of dollars in earnings and convinced him to be her mentor but she knew her man a famously thoughtful and broad minded player he was intrigued by her pitch that she wasn t interested in making money so much as learning about life she had faced a stretch of personal bad luck and her reflections on the role of chance had led her to a giant of game theory who pointed her to poker as the ultimate master class in learning to distinguish between what can be controlled and what can t and she certainly brought something to the table including a ph d in psychology and an acclaimed and growing body of work on human behavior and how to hack it so seidel was in and soon she was down the rabbit hole with him into the wild fiercely competitive overwhelmingly masculine world of high stakes texas hold em their initial end point the following year s world series of poker but then something extraordinary happened under seidel s guidance konnikova did have many epiphanies about life that derived from her new pursuit including how to better read not just her opponents but far more importantly herself how to identify what tilted her into an emotional state that got in the way of good decisions and how to get to a place where she could accept luck for what it was and what it wasn t but she also began to win and win in a little over a year she began making earnest money from tournaments ultimately totaling hundreds of thousands of dollars she won a major title got a sponsor and got used to being on television and to headlines like how one writer s book deal turned her into a professional poker player she even learned to like las vegas but in the end maria konnikova is a writer and student of human behavior and ultimately the point was to render her incredible journey into a container for its invaluable lessons the biggest bluff of all she learned is that skill is enough bad cards will come our way but keeping our focus on how we play them and not on the outcome will keep us moving through many a dark patch until the luck once again breaks our way

sherlock holmes de eigenzinnige detective uit het werk van sir arthur conan doyle staat bekend om zijn razendsnelle denkvermogen voordat hij zelfs maar weet wat het probleem in kwestie is heeft hij al allerlei informatie ingewonnen en weet de juiste conclusie te trekken hoe doet s werelds bekendste detective dat en belangrijker nog kunnen wij dat ook leren psychologe maria konnikova combineert zijn verhalen met hedendaags psychologisch onderzoek van klassieke modellen tot recente ontwikkelingen in de neurowetenschappen om inzichtelijk te maken welke stappen sherlock holmes zet in zijn denken van observatie tot deductie

geen ander personage is zo geschikt om als basis te dienen voor onderzoek naar het menselijk denken mastermind leert je misschien niet een meesterdetective te worden maar wel om aandachtiger naar je omgeving te kijken en zorgvuldiger om te gaan met gedachten en beslissingen the new york times bestselling guide to thinking like literature s greatest detective steven pinker meets sir arthur conan doyle boston globe by the author of the confidence game no fictional character is more renowned for his powers of thought and observation than sherlock holmes but is his extraordinary intellect merely a gift of fiction or can we learn to cultivate these abilities ourselves to improve our lives at work and at home we can says psychologist and journalist maria konnikova and in mastermind she shows us how beginning with the brain attic holmes s metaphor for how we store information and organize knowledge konnikova unpacks the mental strategies that lead to clearer thinking and deeper insights drawing on twenty first century neuroscience and psychology mastermind explores holmes s unique methods of ever present mindfulness astute observation and logical deduction in doing so it shows how each of us with some self awareness and a little practice can employ these same methods to sharpen our perceptions solve difficult problems and enhance our creative powers for holmes aficionados and casual readers alike konnikova reveals how the world s most keen eyed detective can serve as an unparalleled guide to upgrading the mind it s a startling and disconcerting read that should make you think twice every time a friend of a friend offers you the opportunity of a lifetime erik larson 1 new york times bestselling author of dead wake and bestselling author of devil in the white city think you can t get conned think again the new york times bestselling author of mastermind how to think like sherlock holmes explains how to spot the con before they spot you an excellent study of con artists stories the human need to believe neil gaiman via twitter a compelling investigation into the minds motives and methods of con artists and the people who fall for their cons over and over again while cheats and swindlers may be a dime a dozen true conmen the bernie madoffs the jim bakkers the lance armstrongs are elegant outsized personalities artists of persuasion and exploiters of trust how do they do it why are they successful and what keeps us falling for it over and over again these are the questions that journalist and psychologist maria konnikova tackles in her mesmerizing new book from multimillion dollar ponzi schemes to small time frauds konnikova pulls together a selection of fascinating stories to demonstrate what all cons share in common drawing on scientific dramatic and psychological perspectives insightful and gripping the book brings readers into the world of the con examining the relationship between artist and victim the confidence game asks not only why we believe con artists but also examines the very act of believing and how our sense of truth can be manipulated by those around us the con artist from bernie madoff to clark rockefeller to lance armstrong how do they get away with it and what keeps us falling for them over and over again in the confidence game maria konnikova investigates the psychological principles that underlie each stage of the swindle from the put up all the way to the fix and how we can train ourselves to spot a story that isn t all it seems

adaptations for print visual and online media but attending to his other contributions to turn of the twentieth century culture as well the availability of periodicals and newspapers online makes it possible to develop an assessment of conan doyle s and sherlock holmes s reputation among a wider readership and viewership thus allowing for development of a broader and more accurate portrait of doyle s place in literary and cultural history the new rules for persuasive messaging when it comes to messaging what worked in the past won t work today our noisy digital world has undermined our ability to focus for a message to grab attention and persuade it now has to pass the sauce test and be simple appealing unexpected credible and emotional secret sauce shows you how to transform unconvincing messages into compelling copy it comes with a 15 question sauce test and a heat gauge which allows you to precisely measure the persuasive impact of your messages short easy to read and packed with visuals secret sauce provides clear examples of what works and what doesn t fascinating insights from behavioral and neurological research powerful lessons from successful and failed campaigns less than 10 percent of marketing messages are truly compelling engaging the head and heart secret sauce helps you weed out the clutter and craft messages that stick discover the ten things highly creative people do differently is it possible to make sense of something as elusive as creativity based on psychologist scott barry kaufman s groundbreaking research and carolyn gregoire s popular article in the huffington post wired to create offers a glimpse inside the messy minds of highly creative people revealing the latest findings in neuroscience and psychology along with engaging examples of artists and innovators throughout history the book shines a light on the practices and habits of mind that promote creative thinking kaufman and gregoire untangle a series of paradoxes like mindfulness and daydreaming seriousness and play openness and sensitivity and solitude and collaboration to show that it is by embracing our own contradictions that we are able to tap into our deepest creativity each chapter explores one of the ten attributes and habits of highly creative people imaginative play passion daydreaming solitude intuition openness to experience mindfulness sensitivity turning adversity into advantage thinking differently with insights from the work and lives of pablo picasso frida kahlo marcel proust david foster wallace thomas edison josephine baker john lennon michael jackson musician thom yorke chess champion josh waitzkin video game designer shigeru miyamoto and many other creative luminaries wired to create helps us better understand creativity and shows us how to enrich this essential aspect of our lives is it possible to make sense of something as elusive as creativity creativity works in mysterious ways with inspiration often arising out of nowhere and then failing to show up when we need it most combining the latest findings in neuroscience and psychology with original research dr kaufman and carolyn gregoire dig deeper than ever before into the creative mind taking us on a fascinating journey that unpacks the creative genius layer by layer they reveal what creativity is what creative people do differently and what we can all learn from this with insights from some of the greatest creative minds in history including pablo picasso marcel proust david foster wallace and frida kahlo wired to create shows that we all have access to creative achievement and that in essence we are all wired to create it s a startling and disconcerting read that should make you think twice every time a friend of a friend offers you the opportunity of a lifetime erik larson 1 new york times bestselling author of dead wake and bestselling author of devil in the white city think you can t get conned think again the new york times bestselling author of mastermind how to 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the con examining the relationship between artist and victim the confidence game asks not only why we believe con artists but also examines the very act of believing and how our sense of truth can be manipulated by those around us with season 4 of the popular benedict cumberbatch series sherlock about to air on bbc one and another robert downey movie about the great detective in the works life offers a colorful look back on the life and career of the immortal sleuth along with a biography of his remarkable creator arthur conan doyle did you know that holmes was based on a real person or that doyle came to hate him or that the writer solved more than a few real life mysteries himself you ll find that and much more in this entertaining immersive informative new book gaps and the creation of ideas an artist s book is a portrait of the space between things whether they be neurons quotations comic book frames or fragments in a collage this twenty year project is an artist s book that juxtaposes quotations and images from hundreds of artists and writers with the author s own thoughts using adobe indesign for composition and layout the author has structured the book to show analogies among disparate texts and images there have always been gaps but a focus on the space between things is virtually synonymous with modernity often characterized as a break modernity is a story of gaps around 1900 many independent strands of gap thought and experience interacted and interwove more intricately atoms textiles theories women jews collage poetry patchwork and music figure prominently in these strands the gap is a ubiquitous phenomenon that crosses the boundaries of neuroscience rabbinic thinking modern literary criticism art popular culture and the structure of matter this book explores many subjects but it is ultimately a work of art a masterful combination of literary study and author biography how sherlock pulled

the trick guides us through the parallel careers of two inseparable men sherlock holmes and his creator sir arthur conan doyle reconsidering holmes in light of doyle s well known belief in victorian spiritualism brian mccuskey argues that the so called scientific detective follows the same circular logic along the same trail of questionable evidence that led doyle to the séance room holmes s first case a study in scarlet was published in 1887 when natural scientists and religious apologists were hotly debating their differences in the london press in this environment doyle became convinced that spiritualism as a universal faith based on material evidence resolved the conflict between science and religion the character of holmes with his infallible logic was doyle s good faith solution to the cultural conflicts of his day yet this solution has evolved into a new problem sherlock holmes now authorizes the pseudoscience that corrupts our public sphere defying logic revising history and promoting conspiracy theories as this book demonstrates wearing a deerstalker does not make you a mastermind more likely it marks you as a crackpot fascinating and highly readable how sherlock pulled the trick returns the iconic holmes to his mystical origins for centuries experts have argued that learning was about memorizing information you re supposed to study facts dates and details burn them into your memory and then apply that knowledge at opportune times but this approach to learning isn t nearly enough for the world that we live in today and in learn better journalist and education researcher ulrich boser demonstrates that how we learn can matter just as much as what we learn in this brilliantly researched book boser maps out the new science of learning showing how simple techniques like comprehension check ins and making material personally relatable can help people gain expertise in dramatically better ways he covers six key steps to help you learn how to learn all illuminated with fascinating stories like how jackson pollock developed his unique painting style and why an ancient japanese counting device allows kids to do math at superhuman speeds boser s witty engaging writing makes this book feel like a guilty pleasure not homework learn better will revolutionize the way students and society alike approach learning and makes the case that being smart is not an innate ability learning is a skill everyone can master with boser as your guide you will be able to fully capitalize on your brain s remarkable ability to gain new skills and open up a whole new world of possibilities

the eternal question who am i must be weighed against an even deeper question who are we we are writing each other s stories as much as we are writing our own in his bestselling book the good life hugh mackay argued that kindness and respect for others are the hallmarks of a life well lived now in the art of belonging mackay shows how strong communities develop our moral sense and build our emotional security he says that as social creatures we can only reach our potential when we engage with our communities in the local neighbourhood at work and even online drawing on his lifelong work as a social researcher mackay creates a fictional suburb southwood and populates it with characters who like most of us struggle to reconcile their need to belong with their desire to live life on their own terms through a series of stories illuminated by mackay s social analysis we witness the conflicts that arise when individuals assert their needs at the expense of others but we also glimpse the satisfactions that flow from contributing to the common good written with wisdom compassion and wit the art of belonging is for those who yearn for a society that sustains and nurtures the many not just the fortunate few you know jesus you think he s a nice guy and you never forget his birthday but the truth is you want more than that you re bored exhausted tired of the grind you re done with hearing about jesus in sermons reading about jesus in devotions you want to encounter jesus and know him for who he really is you want to experience jesus love not just admire him to become a follower not just a fan the jesus centered life invites you into wonder as you explore the magnetic force of the real jesus frees you from a trying harder to get better lifestyle so you can follow jesus instead walks you through one of a kind practices that lead you into actual encounters with jesus packed with easy natural everyday life practices that transform how you see jesus the jesus centered life is the perfect antidote for a ho hum connection to jesus a fresh invitation for you to make jesus the center of your life this book helps you chart a clear fulfilling path straight to the jesus who loves you

frances kelsey was a quiet canadian doctor and scientist who stood up to a huge pharmaceutical company wanting to market a new drug thalidomide and prevented an american tragedy the nature writer rachel carson identified an emerging environmental disaster and pulled the fire alarm public protests individual dissenters judges and juries can change the world and they do a wide ranging and provocative work on controversial subjects why dissent matters tells a story of dissent and dissenters people who have been attacked bullied ostracized jailed and sometimes when it is all over celebrated william kaplan shows that dissent is noisy messy inconvenient and almost always time consuming but that suppressing it is usually a mistake it s bad for the dissenter but worse for the rest of us drawing attention to the voices behind international protests such as occupy wall street and boycott divest and sanction he contends that we don t have to do what dissenters want but we should listen to what they say our problems are not going away there will always be abuses of power to confront wrongs to right and new opportunities for dissenting voices to say stop listen to me why dissent matters may well lead to a different and more just future whether it s sherlock holmes solving crimes or sheldon and leonard geeking out over sci fi geniuses are central figures on many of television s most popular series they are often enigmatic displaying superhuman intellect while struggling with mundane aspects of daily life this collection of new essays explores why tv geniuses fascinate us and how they shape our

perceptions of what it means to be highly intelligent examining series like criminal minds the big bang theory bones elementary fringe house the mentalist monk sherlock leverage and others scholars from a variety of disciplines discuss how television both reflects and informs our cultural understanding of genius this book offers an accessible and compelling guide to the american presidency by exploring a series of key questions how powerful is the american presidency and to what extent is presidential power dependent on persuasion do the personal qualities of presidents drive events or does the institution of the presidency shape their choices is the presidency a unitary office or a limited and circumscribed institution which is more important character or competence is presidential success a matter of skill or opportunity and will future presidencies turn away from checks and balances in favor of illiberal democracy michael a genovese a leading scholar of the presidency provides a clear overview of the core arguments and debates over the essential characteristics of this contradictory institution ideal for classroom use this book provides insights into what the presidency was designed to be what it has evolved into how it has been reshaped to respond to new demands and what its future might hold engaging and reader friendly the modern presidency gives students the tools to think critically about the nature of this complex office and how its powers can be wielded social entrepreneurship increasingly assumes a position of strength in the dynamic milieu of late modern democratic societies a plethora of companies have now arisen everything from mighty social enterprises like warby parker and toms to tiny outfits like clean slate and bright endeavors whose business focused approach to social problems is not merely additive but integral to their missions these companies respond not only to a felt proliferation of humanitarian and environmental predicaments but also to enormous shifts in public feelings and technological sensibilities these predicaments and make social entrepreneurs urgently needed and remarkably complicated but if social entrepreneurs deal with that complexity with a business as usual approach to making the world better imitating for example corporate social responsibility initiatives by transnational companies they will lose their vital distinctiveness and efficacy drawing on a transdisciplinary perspective close rhetorical analysis and qualitative interviews with social entrepreneurs this book argues that one good way to keep social business disruptive is to rethink how organizations model their communication instead of assuming a conventional theory of communication neatly organized around the relations of senders and receivers social entrepreneurship should enact a performative model of communication in which messaging and action are affectively woven this book offers suggestions for making this performative model sustainably disruptive in relation to questions that pester social entrepreneurs how to tell the company story how to raise awareness how to address complex audiences and how to solve problems modern writers have reconsidered every subject under the sun through the lens of sherlock holmes the overlooked subject is agency the opportunities available to these women for independence and control what we find all too often are the silences around them and yet these clients villains victims and violets are pivotal in the world of sherlock holmes perhaps more enigmatic than holmes methods is what watson sees the woman in the shadows whether lady or lady s maid if she does speak it s often not recorded in her words that was life for half the population of victorian england a woman s role was written before she was born it merely required her to don the starched white apron of a maid or the rough stained skirts of a char who did the dirtiest of household jobs or the fine silk gowns of a lady enter villains victims and violets to spy and report on these women in their darkest most vulnerable moments how does irene adler pursued by a powerful king and by sherlock holmes outwit them both can lady hilda conceal the secret that only holmes unravels when violet hunter takes the last job offered before she loses everything can holmes free her and her doppelganger to understand holmes world is to gaze unsparingly into the lives of its women the villains and what drives them astray the victims holmes races to rescue and the violets who make up the strongest characters from holmes unforgettable cases the authors pull back the curtain on their private spaces revealing their proper place in a man s world at the dusk of the 19th century and the dawn of the 20th foreword by nisi shawl noted sherlockian and the james tiptree jr award winning and nebula nominated author of the brilliant steampunk feminist afrofuturist novel everfair misrecognitions mounts a vigorous defense of the labyrinthine plotting of victorian novels notorious for their implausible concluding revelations and coincidences critics have long decried victorian recognition scenes the reunions and retroactive discoveries of identity that too conveniently bring the story to a close as regrettable contrivances ben parker counters this view by showing how these recognition scenes offer a critique of the social and economic misrecognitions at work in nineteenth century capitalism through a meticulous analysis of novels by charles dickens anthony trollope and henry james as well as arthur conan doyle s sherlock holmes stories misrecognitions tracks how the victorian novel translates the financialized abstractions of capital into dramas of buried secrets and disguised relations drawing on karl marx s account of commodity fetishism and reification parker contends that by configuring capital as an enigma to be unveiled victorian recognition scenes dramatize the inversions of agency and temporality that are repressed in capitalist production in plotting capital as an agent of opacity and misdirection victorian novels and their characteristic dialectic of illusion and illumination reveal the plot hole in capitalism itself a no nonsense guide to the evolution of meditation mindfulness and enlightenment in modern day society from their religious origins in the east to their more secular incarnations in the west evolving dharma is the definitive guide to the meditation revolution fearless unorthodox and irreverent scholar and activist jay michaelson shows how meditation and mindfulness have moved from ashrams and self help groups to classrooms and hospitals and offers unusually straight talk about the big e enlightenment michaelson introduces us to maverick brain hackers postmodern buddhist monks and cutting edge neuroscientists and shares his own stories of months long silent retreats powerful mystical experiences and many pitfalls along the

way evolving dharma is a must read for the next generation meditator the spiritually cynical and the curious adventurer in all of us as an invisible and somewhat mysterious syndrome fibromyalgia fms affects millions it is poorly understood by the contemporary medical establishment and it is difficult to find effective treatment there is a great deal of fear associated with fms and its companion chronic fatigue syndrome cfs it is little wonder that those afflicted are frustrated and often feel hopeless after searching for a long time for the causes of chronic pain and fatigue and then finally receiving a tentative diagnosis many have felt ashamed and guilty of living with a condition for which they often feel denigrated and is not easily diagnosed this book is somewhat of a sequel to the first book women and fibromyalgia living with an invisible dis ease published in 2007 however it is an updated and more inclusive approach presenting daring tentative theories about these two conditions based upon the research that has evolved over recent years the author who has been living with fms and cfs for many decades writing blogs on a website and looking back on the formal interviews from the first book a developed a comprehensive theoretical approach will entice the reader suffering from these syndromes to reconsider their own lives and to live more hopefully with the challenges of these conditions answers to their many questions will finally be put to rest the types of personalities of those who develop these syndromes may appear scientifically unproven but the approach presented is supported by the hundreds of people world wide who agree with the theories put forward the comments of which were found primarily on the website from which this book was sprung it is a maze which has placed the dots in a comprehensive model for understanding fms cfs ptsd are linked together for their commonalities of symptoms symptoms and management strategies are discussed of all three are you a human do you have a mind then this book is for you a wonderfully entertaining overview of all of psychology by one of its greatest experts like having the mind s complexities untangled by a witty eloquent and deeply knowledgeable friend oliver burkeman really wonderful hugely readable derren brown this book is a gem robert sapolsky nothing is more familiar and yet less understood than the human mind it defines the experience of being human and yet its workings contain some of the deepest mysteries ever encountered written by one of the world s greatest teachers of psychology the human mind provides a masterful and riveting guide to all that we have learned since modern science began probing those mysteries it will illuminate everything you think and feel everything you say and do everything that makes you you i don t remember the last time i was this excited about a psychology related book the human mind is everything a reader wants and will delight you dr sophie mort aka dr soph an up to the minute and comprehensive journey through what it means to be human new scientist the story of the human mind as told by psychology s best storyteller fantastic daniel gilbert author of stumbling on happiness perhaps the wittiest most captivating overview of the field of psychology to date jennifer senior author of all joy and no fun the dean of a swiss university persuades sherlock holmes to investigate the background of a would be lecturer to dr watson it seems a very humdrum commission but who is the mysterious lieserl how does her existence threaten the ambitions of the technical assistant level iii in room 86 at the federal patents office in berne by the name of albert einstein the assignment plunges holmes and watson into unfathomable serbia to solve one of the intractable mysteries of the 20th century in tim symonds previous detective novels sherlock holmes and the dead boer at scotney castle and sherlock holmes and the case of the bulgarian codex the author based pivotal historic facts and a principal character on real life so too in this new mystery

**Mastermind** 2013-01-17 what is it that separates sherlock holmes from his long suffering friend and side kick dr john watson what makes holmes such a superior detective able to piece together clues and solve problems that seem elementary to watson only in hindsight and can we most of us watsons ourselves ever harness a bit of holmes s extraordinary powers of mind not to solve crimes but simply to improve our lives at work and home the answer is yes and in mastermind psychologist maria konnikova shows us how using plots and passages from the wonderfully entertaining holmes stories she illuminates how arthur conan doyle s detective embodies an ever present mindfulness and how this active mental disposition proves foundational to his success beginning with holmes s concept of the brain attic a metaphor for the information we choose to store in the mind and how we organise our knowledge konnikova unpacks the mental strategies that lead to clearer thinking and deeper insights moving through principles of logic and deduction creativity and imagination mastermind puts 21st century neuroscience and psychology in service of understanding holmes s methods with some self awareness and a little practice we can all employ these methods to develop better strategies solve difficult problems and enhance our creative powers writing for holmes fans and casual readers alike konnikova has translated what so many of us love about the great detective into a remarkable guide to upgrading the mind

2007-05-01

**Mastermind** 2013-05-30T00:00:00+02:00 qual è il segreto della mente più brillante della letteratura di tutti i tempi come fa a risolvere la miriade di casi complicati solo grazie all'osservazione e al ragionamento liquidando poi puntualmente l'ammirato assistente con il suo proverbiale elementare watson la risposta è in questo saggio della psicologa maria konnikova che da lettrice appassionata delle avventure di sherlock holmes ne studia il processo mentale riprendendo una delle metafore più conosciute che il detective usa per illustrare i poteri magici della propria mente il cervello come una soffitta vuota che va riempita e organizzata e attingendo alle teorie neuroscientifiche l'autrice individua in watson e holmes i rappresentanti di due sistemi di pensiero contrapposti di due modi diversi di organizzare la propria soffitta e quindi di ragionare attraverso un'analisi attenta konnikova fa luce sui meccanismi cognitivi umani innati il sistema watson e sulle loro falle che conducono a scelte e deduzioni erranee per contro ci introduce al sistema holmes aiutandoci a capire come anche noi con un po' di esercizio possiamo aspirare a esso potenziando così il nostro spirito di osservazione e le capacità decisionali in ogni ambito della vita una nuova avventura al fianco di sherlock holmes stavolta alla scoperta del mistero per eccellenza la mente umana

**The Biggest Bluff** 2020-06-23 the new york times bestseller a new york times notable book the tale of how konnikova followed a story about poker players and wound up becoming a story herself will have you riveted first as you learn about her big winnings and then as she conveys the lessons she learned both about human nature and herself the washington post it s true that maria konnikova had never actually played poker before and didn t even know the rules when she approached erik seidel poker hall of fame inductee and winner of tens of millions of dollars in earnings and convinced him to be her mentor but she knew her man a famously thoughtful and broad minded player he was intrigued by her pitch that she wasn t interested in making money so much as learning about life she had faced a stretch of personal bad luck and her reflections on the role of chance had led her to a giant of game theory who pointed her to poker as the ultimate master class in learning to distinguish between what can be controlled and what can t and she certainly brought something to the table including a ph d in psychology and an acclaimed and growing body of work on human behavior and how to hack it so seidel was in and soon she was down the rabbit hole with him into the wild fiercely competitive overwhelmingly masculine world of high stakes texas hold em their initial end point the following year s world series of poker but then something extraordinary happened under seidel s guidance konnikova did have many epiphanies about life that derived from her new pursuit including how to better read not just her opponents but far more importantly herself how to identify what tilted her into an emotional state that got in the way of good decisions and how to get to a place where she could accept luck for what it was and what it wasn t but she also began to win and win in a little over a year she began making earnest money from tournaments ultimately totaling hundreds of thousands of dollars she won a major title got a sponsor and got used to being on television and to headlines like how one writer s book deal turned her into a professional poker player she even learned to like las vegas but in the end maria konnikova is a writer and student of human behavior and ultimately the point was to render her incredible journey into a container for its invaluable lessons the biggest bluff of all she learned is that skill is enough bad cards will come our way but keeping our focus on how we play them and not on the outcome will keep us moving through many a dark patch until the luck once again breaks our way

2015-06-15

**Mastermind** 2013-04-26 sherlock holmes de eigenzinnige detective uit het werk van sir arthur conan doyle staat bekend om zijn razendsnelle denkvermogen voordat hij zelfs maar weet wat het probleem in kwestie is heeft hij al allerlei informatie ingewonnen en weet de juiste conclusie te trekken hoe doet s werelds bekendste detective dat en belangrijker nog kunnen wij dat ook leren psychologe maria konnikova combineert zijn verhalen met hedendaags psychologisch onderzoek van klassieke modellen tot recente ontwikkelingen in de

neurowetenschappen om inzichtelijk te maken welke stappen sherlock holmes zet in zijn denken van observatie tot deductie geen ander personage is zo geschikt om als basis te dienen voor onderzoek naar het menselijk denken mastermind leert je misschien niet een meesterdetective te worden maar wel om aandachtiger naar je omgeving te kijken en zorgvuldiger om te gaan met gedachten en beslissingen

Mastermind - 2015-03 the new york times bestselling guide to thinking like literature s greatest detective steven pinker meets sir arthur conan doyle boston globe by the author of the confidence game no fictional character is more renowned for his powers of thought and observation than sherlock holmes but is his extraordinary intellect merely a gift of fiction or can we learn to cultivate these abilities ourselves to improve our lives at work and at home we can says psychologist and journalist maria konnikova and in mastermind she shows us how beginning with the brain attic holmes s metaphor for how we store information and organize knowledge konnikova unpacks the mental strategies that lead to clearer thinking and deeper insights drawing on twenty first century neuroscience and psychology mastermind explores holmes s unique methods of ever present mindfulness astute observation and logical deduction in doing so it shows how each of us with some self awareness and a little practice can employ these same methods to sharpen our perceptions solve difficult problems and enhance our creative powers for holmes aficionados and casual readers alike konnikova reveals how the world s most keen eyed detective can serve as an unparalleled guide to upgrading the mind

Mastermind 2013-01-03 it s a startling and disconcerting read that should make you think twice every time a friend of a friend offers you the opportunity of a lifetime erik larson 1 new york times bestselling author of dead wake and bestselling author of devil in the white city think you can t get conned think again the new york times bestselling author of mastermind how to think like sherlock holmes explains how to spot the con before they spot you an excellent study of con artists stories the human need to believe neil gaiman via twitter a compelling investigation into the minds motives and methods of con artists and the people who fall for their cons over and over again while cheats and swindlers may be a dime a dozen true conmen the bernie madoffs the jim bakkers the lance armstrongs are elegant outsized personalities artists of persuasion and exploiters of trust how do they do it why are they successful and what keeps us falling for it over and over again these are the questions that journalist and psychologist maria konnikova tackles in her mesmerizing new book from multimillion dollar ponzi schemes to small time frauds konnikova pulls together a selection of fascinating stories to demonstrate what all cons share in common drawing on scientific dramatic and psychological perspectives insightful and gripping the book brings readers into the world of the con examining the relationship between artist and victim the confidence game asks not only why we believe con artists but also examines the very act of believing and how our sense of truth can be manipulated by those around us

The Confidence Game 2017-01-10 the con artist from bernie madoff to clark rockefeller to lance armstrong how do they get away with it and what keeps us falling for them over and over again in the confidence game maria konnikova investigates the psychological principles that underlie each stage of the swindle from the put up all the way to the fix and how we can train ourselves to spot a story that isn t all it seems

The Confidence Game 2016-01-28

2012-06-20

2021-12-02

2019-07-11

2011-07

2023-03-23

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**A Mind for Business** 2015-02-19 examines both academic and popular assessments of conan doyle s work giving pride of place to the holmes stories and their adaptations and also attending to the wide range of his published work twenty first century readers television viewers and moviegoers know arthur conan doyle as the creator of sherlock holmes the world s most recognizable fictional detective holmes s enduring popularity has kept conan doyle in the public eye however holmes has taken on a life of his own generating a steady stream of critical commentary while conan doyle s other works are slighted or ignored yet the holmes stories make up only a small portion of conan doyle s published work which includes mainstream and historical fiction history drama medical spiritualist and political tracts and even essays on photography when doyle published whatever the subject his contemporaries took note yet outside of the fiction featuring sherlock holmes until recently relatively little has been done to analyze the reception conan doyle s work received during his lifetime and since his death this book examines both academic and popular assessments of conan doyle s work giving pride of place to the holmes stories and their many adaptations for print visual and online media but attending to his other contributions to turn of the twentieth century culture as well the availability of periodicals and newspapers online makes it possible to develop an assessment of conan doyle s and sherlock holmes s reputation among a wider readership and viewership thus allowing for development of a broader and more accurate portrait of doyle s place in literary and cultural history

*The Critical Reception of Sir Arthur Conan Doyle* 2023 the new rules for persuasive messaging when it comes to messaging what worked in the past won t work today our noisy digital world has undermined our ability to focus for a message to grab attention and persuade it now has to pass the sauce test and be simple appealing unexpected credible and emotional secret sauce shows you how to transform unconvincing messages into compelling copy it comes with a 15 question sauce test and a heat gauge which allows you to precisely measure the persuasive impact of your messages short easy to read and packed with visuals secret sauce provides clear examples of what works and what doesn t fascinating insights from behavioral and neurological research powerful lessons from successful and failed campaigns less than 10 percent of marketing messages are truly compelling engaging the head and heart secret sauce helps you weed out the clutter and craft messages that stick

**Secret Sauce** 2017-02-21 discover the ten things highly creative people do differently is it possible to make sense of something as elusive as creativity based on psychologist scott barry kaufman s groundbreaking research and carolyn gregoire s popular article in the huffington post wired to create offers a glimpse inside the messy minds of highly creative people revealing the latest findings in neuroscience and psychology along with engaging examples of artists and innovators throughout history the book shines a light on the practices and habits of mind that promote creative thinking kaufman and gregoire untangle a series of paradoxes like mindfulness and daydreaming seriousness and play openness and sensitivity and solitude and collaboration to show that it is by embracing our own contradictions that we are able to tap into our deepest creativity each chapter explores one of the ten attributes and habits of highly creative people imaginative play passion daydreaming solitude intuition openness to experience mindfulness sensitivity turning adversity into advantage thinking differently with insights from the work and lives of pablo picasso frida kahlo marcel proust david foster wallace thomas edison josephine baker john lennon michael jackson musician thom yorke chess champion josh waitzkin video game designer shigeru miyamoto and many other creative luminaries wired to create helps us better understand creativity and shows us how to enrich this essential aspect of our lives

**Wired to Create** 2015-12-29 is it possible to make sense of something as elusive as creativity creativity works in mysterious ways with inspiration often arising out of nowhere and then failing to show up when we need it most combining the latest findings in neuroscience and psychology with original research dr kaufman and carolyn gregoire dig deeper than ever before into the creative mind taking us on a fascinating journey that unpacks the creative genius layer by layer they reveal what creativity is what creative people do differently and what we can all learn from this with insights from some of the greatest creative minds in history including pablo picasso marcel proust david foster wallace and frida kahlo wired to create shows that we all have access to creative achievement and that in essence we are all wired to create

Wired to Create 2016-01-07 it s a startling and disconcerting read that should make you think twice every time a friend of a friend offers you the opportunity of a lifetime erik larson 1 new york times bestselling author of dead wake and bestselling author of devil in the white city think you can t get conned think again the new york times bestselling author of mastermind how to think like sherlock holmes explains how to spot the con before they spot you an excellent study of con artists stories the human need to believe neil gaiman via twitter a compelling investigation into the minds motives and methods of con artists and the people who fall for their cons over and over again while cheats and swindlers may be a dime a dozen true conmen the bernie madoffs the jim bakkers the lance armstrongs are elegant outsized personalities artists of persuasion and exploiters of trust how do they do it why are they successful and what keeps us falling for it over and over again these are the questions that journalist and psychologist maria konnikova tackles in her mesmerizing new book from multimillion dollar ponzi schemes to small time frauds konnikova pulls together a selection of fascinating stories to demonstrate what all cons share in common

drawing on scientific dramatic and psychological perspectives insightful and gripping the book brings readers into the world of the con examining the relationship between artist and victim the confidence game asks not only why we believe con artists but also examines the very act of believing and how our sense of truth can be manipulated by those around us

The Confidence Game 2016-01-12 with season 4 of the popular benedict cumberbatch series sherlock about to air on bbc one and another robert downey movie about the great detective in the works life offers a colorful look back on the life and career of the immortal sleuth along with a biography of his remarkable creator arthur conan doyle did you know that holmes was based on a real person or that doyle came to hate him or that the writer solved more than a few real life mysteries himself you ll find that and much more in this entertaining immersive informative new book

LIFE Sherlock Holmes 2017-01-09 gaps and the creation of ideas an artist s book is a portrait of the space between things whether they be neurons quotations comic book frames or fragments in a collage this twenty year project is an artist s book that juxtaposes quotations and images from hundreds of artists and writers with the author s own thoughts using adobe indesign for composition and layout the author has structured the book to show analogies among disparate texts and images there have always been gaps but a focus on the space between things is virtually synonymous with modernity often characterized as a break modernity is a story of gaps around 1900 many independent strands of gap thought and experience interacted and interwove more intricately atoms textiles theories women jews collage poetry patchwork and music figure prominently in these strands the gap is a ubiquitous phenomenon that crosses the boundaries of neuroscience rabbinic thinking modern literary criticism art popular culture and the structure of matter this book explores many subjects but it is ultimately a work of art

Gaps and the Creation of Ideas 2021-03-08 a masterful combination of literary study and author biography how sherlock pulled the trick guides us through the parallel careers of two inseparable men sherlock holmes and his creator sir arthur conan doyle reconsidering holmes in light of doyle s well known belief in victorian spiritualism brian mccuskey argues that the so called scientific detective follows the same circular logic along the same trail of questionable evidence that led doyle to the séance room holmes s first case a study in scarlet was published in 1887 when natural scientists and religious apologists were hotly debating their differences in the london press in this environment doyle became convinced that spiritualism as a universal faith based on material evidence resolved the conflict between science and religion the character of holmes with his infallible logic was doyle s good faith solution to the cultural conflicts of his day yet this solution has evolved into a new problem sherlock holmes now authorizes the pseudoscience that corrupts our public sphere defying logic revising history and promoting conspiracy theories as this book demonstrates wearing a deerstalker does not make you a mastermind more likely it marks you as a crackpot fascinating and highly readable how sherlock pulled the trick returns the iconic holmes to his mystical origins

How Sherlock Pulled the Trick 2021-05-25 for centuries experts have argued that learning was about memorizing information you re supposed to study facts dates and details burn them into your memory and then apply that knowledge at opportune times but this approach to learning isn t nearly enough for the world that we live in today and in learn better journalist and education researcher ulrich boser demonstrates that how we learn can matter just as much as what we learn in this brilliantly researched book boser maps out the new science of learning showing how simple techniques like comprehension check ins and making material personally relatable can help people gain expertise in dramatically better ways he covers six key steps to help you learn how to learn all illuminated with fascinating stories like how jackson pollock developed his unique painting style and why an ancient japanese counting device allows kids to do math at superhuman speeds boser s witty engaging writing makes this book feel like a guilty pleasure not homework learn better will revolutionize the way students and society alike approach learning and makes the case that being smart is not an innate ability learning is a skill everyone can master with boser as your guide you will be able to fully capitalize on your brain s remarkable ability to gain new skills and open up a whole new world of possibilities

**Learn Better** 2017-03-07 [unreadable text]

Who Am I? 2013-05-10 the eternal question who am i must be weighed against an even deeper question who are we we are writing each other s stories as much as we are writing our own in his bestselling book the good life hugh mackay argued that kindness and respect for others are the hallmarks of a life well lived now in the art of belonging mackay shows how strong communities develop our moral sense and build our emotional security he says that as social creatures we can only reach our potential when we engage with our communities in the local neighbourhood at work and even online drawing on his lifelong work as a social researcher mackay creates a fictional suburb southwood and populates it with characters who like most of us struggle to reconcile their need to belong with their desire to live life on their own terms through a series of stories illuminated by mackay s social analysis we witness the conflicts that arise when individuals assert their needs at the expense of others but we also glimpse the satisfactions that flow from contributing to the common good written with wisdom compassion and wit the art of belonging is for those who yearn for a society that sustains and nurtures the many not just the fortunate few



violets are pivotal in the world of sherlock holmes perhaps more enigmatic than holmes methods is what watson sees the woman in the shadows whether lady or lady s maid if she does speak it s often not recorded in her words that was life for half the population of victorian england a woman s role was written before she was born it merely required her to don the starched white apron of a maid or the rough stained skirts of a char who did the dirtiest of household jobs or the fine silk gowns of a lady enter villains victims and violets to spy and report on these women in their darkest most vulnerable moments how does irene adler pursued by a powerful king and by sherlock holmes outwit them both can lady hilda conceal the secret that only holmes unravels when violet hunter takes the last job offered before she loses everything can holmes free her and her doppelganger to understand holmes world is to gaze unsparingly into the lives of its women the villains and what drives them astray the victims holmes races to rescue and the violets who make up the strongest characters from holmes unforgettable cases the authors pull back the curtain on their private spaces revealing their proper place in a man s world at the dusk of the 19th century and the dawn of the 20th foreword by nisi shawl noted sherlockian and the james tiptree jr award winning and nebula nominated author of the brilliant steampunk feminist afrofuturist novel everfair

*Villains, Victims, and Violets* 2019-09-15 misrecognitions mounts a vigorous defense of the labyrinthine plotting of victorian novels notorious for their implausible concluding revelations and coincidences critics have long decried victorian recognition scenes the reunions and retroactive discoveries of identity that too conveniently bring the story to a close as regrettable contrivances ben parker counters this view by showing how these recognition scenes offer a critique of the social and economic misrecognitions at work in nineteenth century capitalism through a meticulous analysis of novels by charles dickens anthony trollope and henry james as well as arthur conan doyle s sherlock holmes stories misrecognitions tracks how the victorian novel translates the financialized abstractions of capital into dramas of buried secrets and disguised relations drawing on karl marx s account of commodity fetishism and reification parker contends that by configuring capital as an enigma to be unveiled victorian recognition scenes dramatize the inversions of agency and temporality that are repressed in capitalist production in plotting capital as an agent of opacity and misdirection victorian novels and their characteristic dialectic of illusion and illumination reveal the plot hole in capitalism itself

**Misrecognitions** 2024-03-15 a no nonsense guide to the evolution of meditation mindfulness and enlightenment in modern day society from their religious origins in the east to their more secular incarnations in the west evolving dharma is the definitive guide to the meditation revolution fearless unorthodox and irreverent scholar and activist jay michaelson shows how meditation and mindfulness have moved from ashrams and self help groups to classrooms and hospitals and offers unusually straight talk about the big e enlightenment michaelson introduces us to maverick brain hackers postmodern buddhist monks and cutting edge neuroscientists and shares his own stories of months long silent retreats powerful mystical experiences and many pitfalls along the way evolving dharma is a must read for the next generation meditator the spiritually cynical and the curious adventurer in all of us

*Evolving Dharma* 2013-10-15 as an invisible and somewhat mysterious syndrome fibromyalgia fms affects millions it is poorly understood by the contemporary medical establishment and it is difficult to find effective treatment there is a great deal of fear associated with fms and its companion chronic fatigue syndrome cfs it is little wonder that those afflicted are frustrated and often feel hopeless after searching for a long time for the causes of chronic pain and fatigue and then finally receiving a tentative diagnosis many have felt ashamed and guilty of living with a condition for which they often feel denigrated and is not easily diagnosed this book is somewhat of a sequel to the first book women and fibromyalgia living with an invisible dis ease published in 2007 however it is an updated and more inclusive approach presenting daring tentative theories about these two conditions based upon the research that has evolved over recent years the author who has been living with fms and cfs for many decades writing blogs on a website and looking back on the formal interviews from the first book a developed a comprehensive theoretical approach will entice the reader suffering from these syndromes to reconsider their own lives and to live more hopefully with the challenges of these conditions answers to their many questions will finally be put to rest the types of personalities of those who develop these syndromes may appear scientifically unproven but the approach presented is supported by the hundreds of people world wide who agree with the theories put forward the comments of which were found primarily on the website from which this book was sprung it is a maze which has placed the dots in a comprehensive model for understanding fms cfs ptsd are linked together for their commonalities of symptoms symptoms and management strategies are discussed of all three

[Fibromyalgia: Unravelling the Mysteries of the Dis-Ease](#) 2022-07-19 are you a human do you have a mind then this book is for you a wonderfully entertaining overview of all of psychology by one of its greatest experts like having the mind s complexities untangled by a witty eloquent and deeply knowledgeable friend oliver burkeman really wonderful hugely readable derren brown this book is a gem robert sapolsky nothing is more familiar and yet less understood than the human mind it defines the experience of being human and yet its workings contain some of the deepest mysteries ever encountered written by one of the world s greatest teachers of psychology the human mind provides a masterful and riveting guide to all that we have learned since modern science began probing those mysteries it will illuminate everything you think and feel everything you say and do

everything that makes you you i don t remember the last time i was this excited about a psychology related book the human mind is everything a reader wants and will delight you  
dr sophie mort aka dr soph an up to the minute and comprehensive journey through what it means to be human new scientist the story of the human mind as told by psychology s  
best storyteller fantastic daniel gilbert author of stumbling on happiness perhaps the wittiest most captivating overview of the field of psychology to date jennifer senior author of  
all joy and no fun

The Human Mind 2023-05-04 the dean of a swiss university persuades sherlock holmes to investigate the background of a would be lecturer to dr watson it seems a very humdrum  
commission but who is the mysterious lieserl how does her existence threaten the ambitions of the technical assistant level iii in room 86 at the federal patents office in berne by the  
name of albert einstein the assignment plunges holmes and watson into unfathomable serbia to solve one of the intractable mysteries of the 20th century in tim symonds previous  
detective novels sherlock holmes and the dead boer at scotney castle and sherlock holmes and the case of the bulgarian codex the author based pivotal historic facts and a principal  
character on real life so too in this new mystery

**Sherlock Holmes and The Mystery Of Einstein's Daughter** 2016-12-20

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