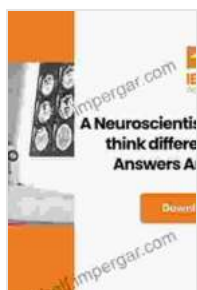


Iconoclast Neuroscientist Reveals How to Think Differently

In his new book, *Iconoclast*, neuroscientist Dr. David Eagleman challenges conventional wisdom about the brain and offers a radical new way to think about thinking.



Iconoclast: A Neuroscientist Reveals How to Think Differently by Gregory Berns

★★★★☆ 4.2 out of 5

Language : English
File size : 532 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 272 pages



Eagleman argues that our brains are not hardwired for a single way of thinking. Instead, they are highly adaptable and can be trained to think in new and different ways.

This is good news, because it means that we can all learn to think more creatively, critically, and intelligently.

Eagleman offers a number of exercises in *Iconoclast* that can help you train your brain to think differently.

Here are a few of my favorites:

1. **The "What If?" Game:** This exercise is simple, but it can be very effective. Simply ask yourself "what if?" about different situations. For example, "what if I had never met my spouse?" or "what if I had never taken that job?" Seeing the world from a different perspective can help you to break out of old habits of thought.
2. **The "Thought Experiment":** This exercise is a bit more challenging, but it can be even more rewarding. Choose a topic that you're interested in and then try to come up with a thought experiment that could help you to understand it better. For example, you could try to imagine what it would be like to live in a world without gravity or to travel back in time.
3. **The "Mindfulness Meditation":** This exercise is a great way to train your brain to focus and be present. Simply sit in a comfortable position and focus on your breath. Notice the sensation of your breath as it enters and leaves your body. When your mind wanders, gently bring it back to your breath.

These are just a few of the exercises that Eagleman offers in *Iconoclast*. By practicing these exercises, you can train your brain to think more creatively, critically, and intelligently.

If you're looking for a way to challenge your thinking and expand your mind, I highly recommend reading *Iconoclast*.

Here are a few of the many positive reviews that *Iconoclast* has received:

- "Eagleman is a brilliant neuroscientist and a gifted writer. *Iconoclast* is a must-read for anyone who wants to understand the brain and how to think better." — **Steven Pinker, author of *The Language Instinct* and *Enlightenment Now***
- "*Iconoclast* is a groundbreaking book that will change the way you think about thinking. Eagleman offers a radical new way to understand the brain and how to use it to its full potential." — **Daniel Goleman, author of *Emotional Intelligence***
- "Eagleman is one of the most innovative thinkers of our time. *Iconoclast* is a brilliant and thought-provoking book that will challenge your assumptions about the brain and how to think." — **Richard Dawkins, author of *The God Delusion* and *Outgrowing God***

If you're ready to learn how to think differently, I encourage you to Free Download your copy of *Iconoclast* today.

You can Free Download *Iconoclast* from Our Book Library, Barnes & Noble, or any other major bookseller.

Thank you for reading!



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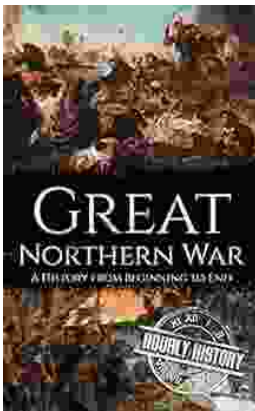
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