



# The Wandering Mind: What the Brain Does When You're Not Looking

*Michael C. Corballis*

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If we've done our job well—and, let's be honest, if we're lucky—you'll read to the end of this description. Most likely, however, you won't. Somewhere in the middle of the next paragraph, your mind will wander off. Minds wander. That's just how it is.

That may be bad news for me, but is it bad news for people in general? Does the fact that as much as fifty percent of our waking hours find us failing to focus on the task at hand represent a problem? Michael Corballis doesn't think so, and with *The Wandering Mind*, he shows us why, rehabilitating woolgathering and revealing its incredibly useful effects. Drawing on the latest research from cognitive science and evolutionary biology, Corballis shows us how mind-wandering not only frees us from moment-to-moment drudgery, but also from the limitations of our immediate selves. Mind-wandering strengthens our imagination, fueling the flights of invention, storytelling, and empathy that underlie our shared humanity; furthermore, he explains, our tendency to wander back and forth through the timeline of our lives is fundamental to our very sense of ourselves as coherent, continuing personalities.

Full of unusual examples and surprising discoveries, *The Wandering Mind* mounts a vigorous defense of inattention—even as it never fails to hold the reader's.

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#### **Carolyn Fletcher:**

The Wandering Mind: What the Brain Does When You're Not Looking can be one of your beginner books that are good idea. All of us recommend that straight away because this book has good vocabulary which could increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to put every word into joy arrangement in writing The Wandering Mind: What the Brain Does When You're Not Looking however doesn't forget the main place, giving the reader the hottest along with based confirm resource data that maybe you can be one of it. This great information could drawn you into brand-new stage of crucial pondering.

#### **Nora Cordova:**

Don't be worry in case you are afraid that this book can filled the space in your house, you will get it in e-book way, more simple and reachable. This specific The Wandering Mind: What the Brain Does When You're Not Looking can give you a lot of pals because by you looking at this one book you have factor that they don't and make an individual more like an interesting person. This book can be one of a step for you to get success. This book offer you information that maybe your friend doesn't realize, by knowing more than various other make you to be great individuals. So , why hesitate? We need to have The Wandering Mind: What the Brain Does When You're Not Looking.

#### **Chad Jones:**

As a college student exactly feel bored in order to reading. If their teacher inquired them to go to the library as well as to make summary for some publication, they are complained. Just small students that has reading's spirit or real their passion. They just do what the educator want, like asked to the library. They go to generally there but nothing reading critically. Any students feel that reading through is not important, boring along with can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important in your case. As we know that on this period of time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this The Wandering Mind: What the Brain Does When You're Not Looking can make you feel more interested to read.

#### **Eric Bittinger:**

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