

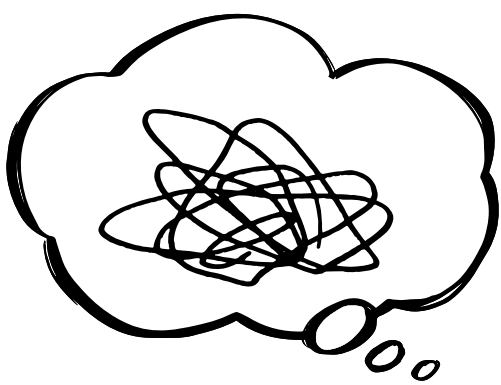
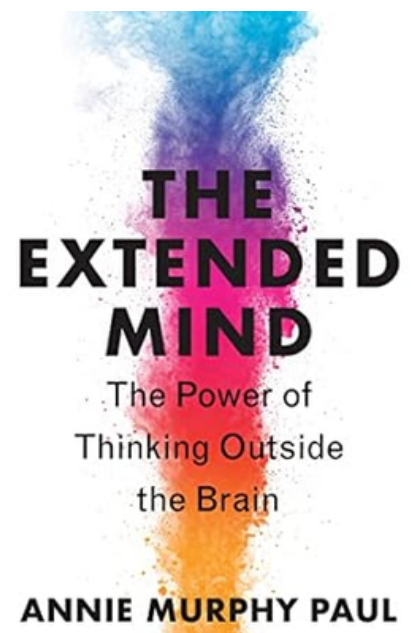
The Extended Mind

KEY TAKEAWAYS

What does it mean to think outside of the brain?

“Personally, thinking outside of the brain includes exercising other areas of myself in order to make a more holistic decision or expand on an idea stuck in my mind”.

Mickey L. (Intern)



1

“Off-loading” mental burden through physical gestures.

Physical gestures, such as counting on the fingers, can enhance our thinking capacity and guide our train of thought.

2

Relying on our bodies to inform us in decision making.

We have been conditioned to avoid our emotions for fear of clouding our judgment. But Annie Murphy Paul argues that it can inform a more guided decision.



3

The value of incorporating nature into our learning activities.

For child and adult alike, engaging in nature can strengthen our imagination and expand innovation.

4

The significant advantages to imitating over innovating

While innovation is valuable, improving on existing ideas offers the biggest rewards.

