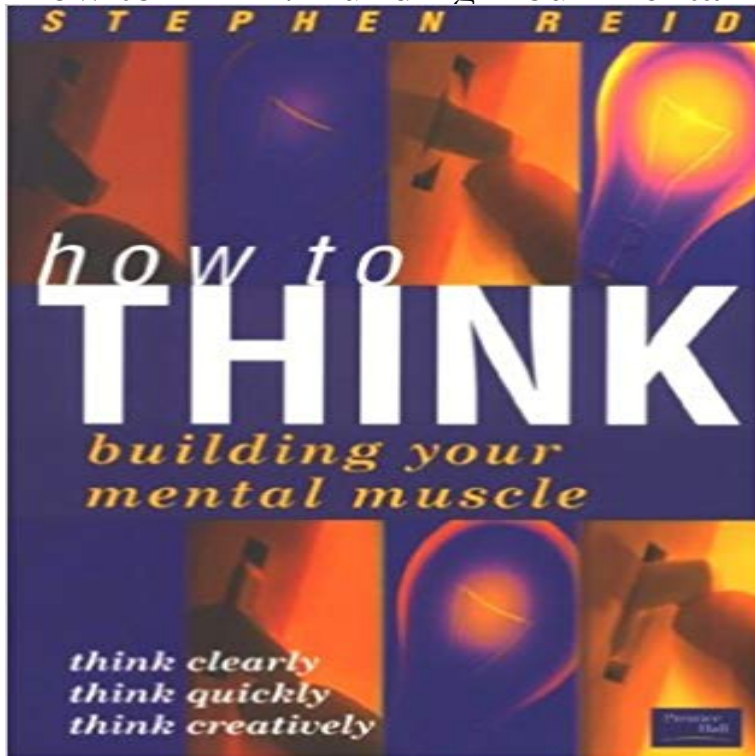


## How to Think: Building Your Mental Muscle



In a fast and complex world, we can't work any harder so we have to work smarter. The ability to think clearly, quickly and creatively is crucial, yet many of us don't realise how limited our thinking is. We spend years in education learning what to think, but virtually no time at all learning how. This is the book that explains how to think, presenting a range of thinking tools and techniques to improve the quality and range of thinking, using everyday examples in work and life to highlight key points. How to Think is the mind-gym to work out every mental muscle and give you real mind power. And improving the quality of your thinking will improve the quality of your life - at work and home. How to Think offers immediate and positive benefits for anybody who wants to: be more of an ideas person or a problem solver innovate and be comfortable with constant change improve personal and working relationships find ways of dealing with complex information get the big picture or plan for the future cope better in the face of information overload make quicker decisions and feel happy about making choices

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