



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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From reader reviews:

Greg Little:

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they carrying out activity like watching television, about to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book can be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to attempt look for book, may be the reserve untitled The Wandering Mind: What the Brain Does When You're Not Looking can be excellent book to read. May be it could be best activity to you.

Jonathan Solis:

A lot of people always spent their free time to vacation or perhaps go to the outside with them family members or their friend. Do you know? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity here is look different you can read a new book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a e-book. The book The Wandering Mind: What the Brain Does When You're Not Looking it is extremely good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. When you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too expensive but this book offers high quality.

Christopher Pipkin:

Playing with family inside a park, coming to see the sea world or hanging out with friends is thing that usually you will have done when you have spare time, then why you don't try point that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love The Wandering Mind: What the Brain Does When You're Not Looking, it is possible to enjoy both. It is fine combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't understand it, oh come on its called reading friends.

Mark Morrow:

On this era which is the greater person or who has ability to do something more are more special than other. Do you want to become certainly one of it? It is just simple strategy to have that. What you must do is just spending your time not much but quite enough to experience a look at some books. Among the books in the top listing in your reading list is The Wandering Mind: What the Brain Does When You're Not Looking. This book that is qualified as The Hungry Slopes can get you closer in getting precious person. By looking upwards and review this book you can get many advantages.

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