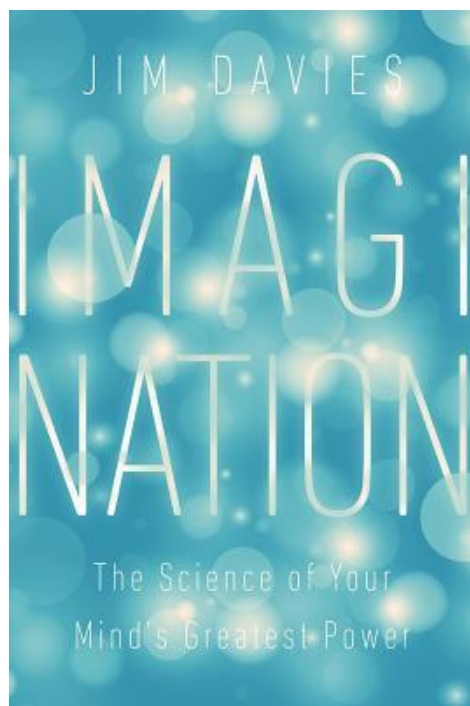


Obtener libros electronicos Imagination: The Science of Your Mind's Greatest Power

By Jim Davies



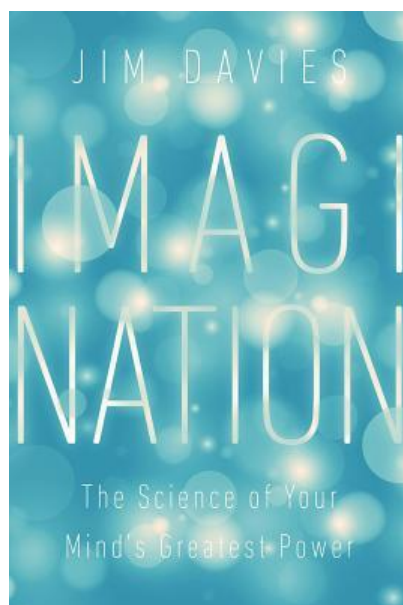
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Books Descriptions

We don't think of imagination the way that we should. The word is often only associated with children, artists and daydreamers, viewed as something separate from everyday adult life. However, imagination is an integral part of almost every action and decision that we make. Simply put, imagination is a person's ability to create scenarios in his or her head: this can include everything from planning a grocery list, to honing a golf swing, and even to having religious hallucinations.??And while imagination has positive connotations, it can also lead to more pernicious outcomes including decreased productivity and cooperation, and much worse, the continuous reliving of past trauma. The human brain is remarkable in its ability to imagine?to create worlds and situations outside of its reality. We can imagine complex possible futures, fantasy worlds, and jars of peanut butter. We can use our imaginations to make us relaxed or anxious, and the most impressive feat of human imagination may be

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