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advice that will help us gain greater mastery of our minds score 8 8 applicability 10 inspiration 7 innovation thinking straight overcoming the lies we believe chris thurman ph d is a psychologist in private practice speaker and author of the bestseller the lies we believe renew your mind and in think straight i share exactly how it s a quick read and you can use it to immediately to improve your thinking you have the ability to decide what you think or you can choose not to think and that is one of the most important and most practical things you can learn in life thinking my goal is to give you at least one idea that you can use to improve your thoughts and consequently your life business or career that s why i share all my best ideas here i wrote think straight in a way that you can read it more than once and i hope this book serves as an anchor to you especially during trying times new york times bestselling author and neuroscientist daniel j levitin shifts his keen insights from your brain on music to your brain in a sea of details the information age is drowning us with in the organized mind daniel j levitin phd uses the latest brain science to demonstrate how those people excel and how readers can use their methods to regain a sense of mastery over the way they organize their homes workplaces and time book think straight change your thoughts change your life summary author darius foroux genre self help book published in 2017 as they say thoughts are things then it is significant that we think straight and that s precisely what darius talks about in think candidly henry ford famously noted that thinking is the most difficult work which might explain why it is so rarely done the quality of our thoughts shapes our lives and decisions this book emphasizes the ability to control and decide your thoughts thereby enhancing your life and career think straight is a transformative self help book that delivers powerful insights into how we think and make decisions its clear concise advice is both practical and inspirational offering readers tools to clear mental clutter and achieve their goals

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the organized mind thinking straight in the age of information overload is a bestselling popular science book written by the mcgill university neuroscientist daniel j levitin phd and first published by dutton penguin in the united states and canada in 2014

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