



Effortless Intelligence: Using the Firmware of the Mind to Achieve High Performance

By Rafael O Maynez, Daniel O Maynez

Kopernik Press, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.The book introduces Cognitive Process Alpha (CP?), which is how evolution designed the human brain to operate. We demonstrate that the CP? is mental firmware. It is a fixed program in the mind that we cannot change or avoid. It is necessary for productive thinking and no relevant intellectual contribution has ever been made or can be made without it. The finding has three major implications: - Superior mental performance. Unwittingly, we all follow the CP? every day. However, awareness and conscious development of the technique will lead to more and greater intellectual achievements with significantly less effort. - A new method for science. It is not that the Scientific Method is a myth, it is just that scientists have always followed a different procedure. The CP? is the process for all human intellectual activity including science. We show that a discipline that mostly adheres to the CP? vastly outperforms one that tries to force conformity to the Scientific Method. - Raising geniuses. Infants can effortlessly master certain complex cognitive abilities if developed at an early age....



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