



ANNIE MURPHY PAUL

is an acclaimed science writer whose work has appeared in the *New York Times*, the *Boston Globe*, *Scientific American*, *Slate*, *Time*, and *The Best American Science Writing*, among many other publications. She is the author of *Origins* and *The Cult of Personality Testing*, hailed by Malcolm Gladwell as a “fascinating new book.” Currently a fellow at New America, Paul has spoken to audiences around the world about learning and cognition; her TED talk has been viewed by more than 2.6 million people. A graduate of Yale University and the Columbia University Graduate School of Journalism, she has served as a lecturer at Yale University and as a senior advisor at their Poorvu Center for Teaching and Learning. She lives in New Haven.

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“*The Extended Mind* argues that our creativity, our intelligence, and even our memories are embodied not just in the wet matter of our brains, but in the world all around us. This is a profoundly interesting book that invites us to radically change how we think about thinking.”

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“In *The Extended Mind*, author Annie Murphy Paul explains why the key to thinking better sometimes lies in using our brains less. By extending our minds through our bodies, physical surroundings, and relationships, we can work more productively and solve problems more creatively. *The Extended Mind* uses stories and science to show us how it’s done.”

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author of *THE POWER OF HABIT* and *SMARTER FASTER BETTER*

“In *The Extended Mind*, science writer Annie Murphy Paul shows us how we can ‘think outside the brain’—that is, draw the stuff of the world into our trains of thought. We limit ourselves when we think only with our heads. Extending our minds opens up a host of new possibilities, allowing us to become more focused, more productive, more creative—in a word, smarter.”

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“Packed with cutting-edge research, compelling real-world examples, and deep insight, *The Extended Mind* provides a revolutionary framework to help us understand how our brains work. It’s one of those rare books that I found so interesting, I couldn’t put it down, and the minute I finished, I started making changes in my life.”

—**GRETCHEN RUBIN**,
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MIND**

The Power of
Thinking Outside
the Brain

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**A BOLD NEW BOOK REVEALS
HOW WE CAN TAP THE
INTELLIGENCE THAT EXISTS
BEYOND OUR BRAINS—IN OUR
BODIES, OUR SURROUNDINGS,
AND OUR RELATIONSHIPS.**

Use your head.

That’s what we tell ourselves when facing a tricky problem or a difficult project. But a growing body of research indicates that we’ve got it exactly backwards. What we need to do, says acclaimed science writer Annie Murphy Paul, is think *outside* the brain. A host of “extra-neural” resources—the feelings and movements of our bodies, the physical spaces in which we learn and work, and the minds of those around us—can help us focus more intently, comprehend more deeply, and create more imaginatively.

The Extended Mind outlines the research behind this exciting new vision of human ability, exploring the findings of neuroscientists, cognitive scientists, and psychologists, and examining the practices of educators, managers, and leaders who are already reaping the benefits of thinking outside the brain. Murphy Paul excavates the untold history of how artists, scientists, and authors—from Jackson Pollock to Jonas Salk to Robert Caro—have used mental extensions to solve problems, make discoveries, and create new works. In the tradition of Howard Gardner’s *Frames of Mind* or Daniel Goleman’s *Emotional Intelligence*, *The Extended Mind* offers a dramatic new view of how our minds work, with practical advice on how we can all think better.