



Mastermind: How to Think Like Sherlock Holmes

Maria Konnikova

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No fictional character is more renowned for his powers of thought and observation than Sherlock Holmes. But is his extraordinary intellect merely a gift of fiction, or can we learn to cultivate these abilities ourselves, to improve our lives at work and at home? We can, says psychologist and journalist Maria Konnikova, and in *Mastermind* she shows us how. Drawing on twenty-first-century neuroscience and psychology, *Mastermind* explores Holmes's unique methods of ever-present mindfulness, astute observation, and logical deduction. In doing so, it shows how each of us, with some self-awareness and a little practice, can employ these same methods to sharpen our perceptions, solve difficult problems, and enhance our creative powers.

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