## Sherlock holmes bengali pdf

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practices mindfulness, which sounds new-agey, but is actually quite practical. Mindfulness means focusing on only one problem or activity at a time. But mindfulness is not the opposite of multitasking, because there is really no such thing. Our brains can't do two things at once, Konnikova said. What we believe is multitasking actually the brain quickly switches from one task to another. And when our brain moves so fast between activities, it's impossible to be really focused on one thing. Your attention is a limited resource, says Konnikova. Even when we walk down the street, not on the phone, not listening to music, but just thinking about what we're having for dinner, we're not really noticing the world around us. She points to a study by the National Academy of Sciences that found that people who described themselves as heavy media multitasking had far more problems tweaking distractions than light media multitasking. They were also worse at switching between tasks. So even though they were multi-backed all the time, they were less effective, Konnikova said. She explains that our mind is programmed to wander, which exacerbates multitasking. But the concentration is self-affirming. The more you do it, the better you get. The more you learn to filter out irrelevant distractions, the better your brain can control the environment both externally and internally. This means that focusing on one session or thought at a time will help you notice or remember the details in your work, what you are reading, and that you're talking about. This kind of focus will also make you better adapted to how you feel, physically and emotionally. Basil Rathbone and Nigel both Holmes and Watson's brain loft is Holmes' analogy for the human mind and how we store information. The natural trend is to throw everything there, says Konnikova. But it leads to a mental disorder: information that is useless to use and/or too disorganized to access when we really need it. Knowing what information to store depends on your individual goals. Holmes is the only consulting detective in the world who has specific knowledge requirements. As for the rest of us, Konnikova says that we often move through life focusing on day-to-day without considering our long-term goals. And if we don't step back and focus on them, we'll probably remember something if we connect it to a sensory experience or a previous action. That's why handwriting is very important if you want to remember something. Motor memory is much better for a recall than for typing, says Konnikova. Similarly, connecting memories to smells or sounds is extremely useful for feedback. We remember the lyrics because music is a natural mediator of memory. If you could adjust every line of poetry to music, you'd know that with pleasure, Konnikova says. We can't establish every piece of information that we take into music, but we can remember what we get information that is worthy of our attics. Want to be more creative? Take Brain BreakHolmes plays the violin because it takes it out of his thinking mind and puts it in a purely physical state. Taking mental holidays can be incredibly productive for creativity, and we need a work environment that encourages this, says Konnikova. It offers something as simple as walking in the park during your lunch break rather than eating at your desk. Konnikova found two reasons for this. First, more hours on the table can actually make you less productive. Second, studies have shown a link between the impact of nature and increased creativity. She acknowledges that no one has proven why this link exists, but neuroscientists have found that the brain associates certain colors - green and blue especially - with expansiveness. So perhaps the impact of green grass or the sunny sky relaxes and expands the mind. Even just looking at nature on the screensaver screen can help, says Konnikova. Want to see important details? Become an expert Helms - an expert on human perception - says Konnikova. A great example of this happens during Holmes' first meeting with Dr. Watson, in a study in Scarlet. Based on Watson's behavior, his knowledge of chemistry and the difference in skin color between a tanned face and pale wrist, Holmes makes of this condition, Watson is a military doctor who recently returned from the Anglo-Afghan war. He takes everything. keys to the attention, as seen (Watson skin tones) and invisible (England's involvement in the Afghan war). Experts actually see the world differently than non-experts, Konnikova said. If you are an expert on card magic, you will feel things in cards that a normal person can not feel: whether they are new, they have been properly stored, how much paper stock is weighed, and how many cards are in your hands at any given. But Holmes is also an expert in identifying his own biases, i.e. memories in his attic brain that can affect his perception of a person or situation. As Konnikova writes: Holmes knows that if he lets random features - say forty and Oxford shoes - get to him, he'll risk losing objectivity in the rest of his observation. He knows that if he comes too quickly to court, he will miss most of the evidence against him. Maria KonnikovaNe is that this kind of perception of a person is easy to recognize. Thinking like Holmes at a party a few weeks ago would have required me to scour my mind for every previous experiences with preppy forty drinkers who grew up to be hedge fund managers.) Holmes should not scour and search his brain loft to remember such memories. He is sufficiently practiced on mindfulness that he just sees and knows. I asked Konnikova if she had been taught to think like Holmes. Does it practice mindfulness and memory storage and perception of a person with Holmes' devotion? 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