

How language shapes the way we think

VIDEO: There are about 7,000 languages spoken around the world — and they all have different sounds, vocabularies and structures. But do they shape the way we think? In this video, cognitive scientist Lera Boroditsky shares examples of language that suggest the answer is a resounding yes. The beauty of linguistic diversity is that it reveals to us just how ingenious and how flexible the human mind is. Human minds have invented not one cognitive universe, but 7,000.

SOURCE: [TED via YouTube](#)



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7 habits to avoid while speaking in public

INFOGRAPHIC: Every speaker needs to be credible. Sometimes your credibility has as much to do with your behaviour as it does with the message itself. Here's a list of 7 common bad habits to watch out for.

SOURCE: [Fast Company](#)

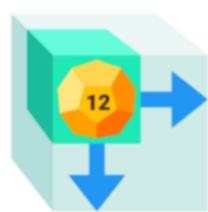


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Train yourself to be smarter: 12 useful mental models

INFOGRAPHIC/ ARTICLE: “A mental model is an explanation of how something works. It is a concept, framework, or worldview that you carry around in your mind to help you interpret the world and understand the relationship between things. Mental models are deeply held beliefs about how the world works.”—James Clear This post contains an infographic which provides a detailed breakdown of mental models. It's a good starting point for those looking for an introduction to the topic.

SOURCE: [Medium](#)



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Ditching Google Maps et al: the lost secrets of natural navigation

ARTICLE: We had thousands of years of wanting to get from A to B in the most expedient way possible. But now we can get between places incredibly efficiently without actually noticing what we are doing. There are potentially 11 million pieces of information hitting our brain every second but our brain filters out 99.9% of it. Simply by being more attuned to this information, we can put together an almanac of tricks and tips that we've lost over the years. We can regain the “sixth sense”: our innate ability to scan the landscape and anticipate what might happen next.

SOURCE: [The Guardian](#)



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The futility of looking for happiness — in the brain

ARTICLE: When fMRI was developed, back in the '90s, there was a lot of what was called “Blobology”: putting people in scanners and hunting around for “Blobs” of activity in the brain. It's viewing the brain like a car engine; the idea that each brain region must do one thing and one thing only. The question is not ‘Where is happiness in the brain?’ The better question is ‘How does the brain support happiness? All parts of the brain are active, all the time. That's how the brain works. The question is how much more active are these certain regions, and is it significantly more active than it usually is?’

SOURCE: [Nautilus](#)



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Curated and enhanced content, once a week

This is a newsletter of curated content directed at people who are tired of reading nothing but bad and depressing news in the mainstream media. The content in this site will be of interest to:

- People who like to think critically.
- People who like to teach young minds how to think critically.
- People who like to communicate - speaking, writing, engaging in forums - critically assessed information to interested audiences; I would like to offer Richard Saul Wurman's phrase, "Information architect", as a descriptor.

Arjun Rajagopalan



My professional life of four decades was spent as a surgeon, educator and medical administrator. I am now retired from active practice and when I reflect on my life and ask myself what did I do that could be now redirected to a larger audience, three things pop up: thinking, teaching, talking.