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## In the Mind's Eye: Enhancing Human Performance

By Committee on Techniques for the Enhancement of Human Performance; Commission on Behavioral and Social Sciences and Education; Division of Behavioral and Social Sciences and Education; National Research Council

National Academies Press, 1992. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The archer stands and pulls back the bow, visualizing the path of the arrow to the target. Does this mental exercise enhance performance? Can we all use such techniques to improve performance in our daily lives? In the Mind's Eye addresses these and other intriguing questions. This volume considers basic issues of performance, exploring how techniques for quick learning affect long-term retention, whether an expert's behavior can serve as a model for beginners, if team performance is the sum of individual members' performances, and whether subliminal learning has a basis in science. The book also considers meditation and some other pain control techniques. Deceit and the ability to detect deception are explored in detail. In the area of self-assessment techniques for career development, the volume evaluates the widely used Myers-Briggs Type Indicator.


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