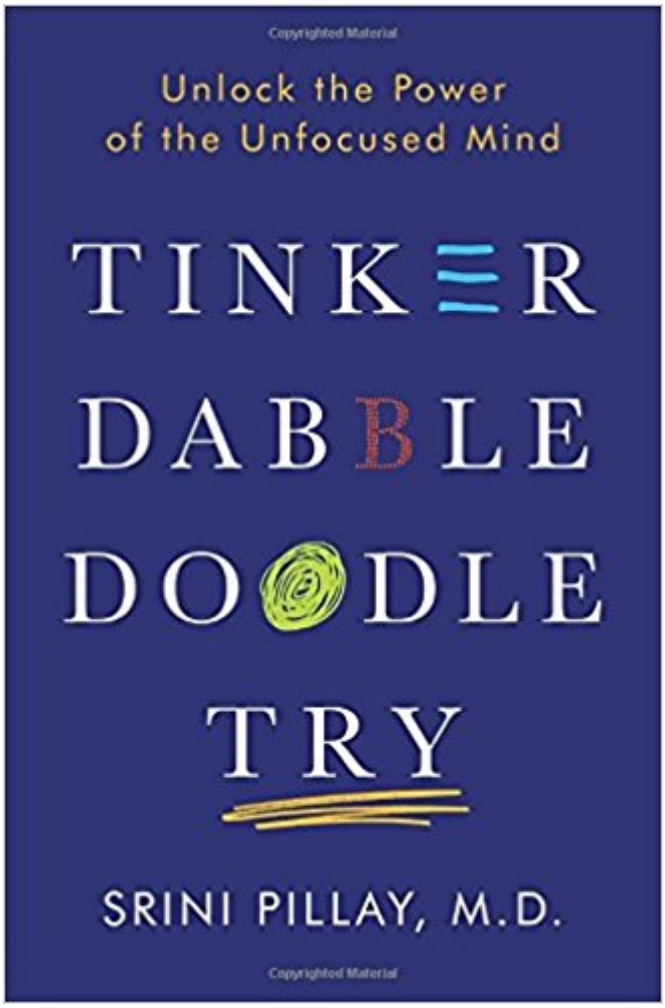
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Tinker Dabble Doodle Try: Unlock The Power Of The Unfocused Mind



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Synopsis

Harness your mindÃ¢â ¬â„¢s innate tendency to wander, stall, rest, and unfocus and become more productiveÃ¢â ¬â •in the boardroom, living room, or classroom.Named one of Coastal LivingÃ¢â ¬â„¢s Best Books for the Beach This Summer To finish tasks and achieve goals, most people believe that more focus is the solution. We rely on to-do lists, calendar reminders, noise-blocking headphones, and sometimes medication to help us concentrateÃ¢â ¬â •even though these tactics often fail to substantially improve productivity. Drawing on the latest brain research, compelling stories from his psychological practice, and colorful examples of counterintuitive success from sports, business, education, and the arts, neuroscientist Srini Pillay, M.D., challenges traditional ideas about productivity, revealing the lasting, positive benefits of adding deliberate and regular unfocus to your repertoire. A fascinating tour through brain wavelengths and rhythm, mindsets, and mental relaxation, Tinker Dabble Doodle Try demonstrates how specific kinds of planned unfocus stimulate cognitive calmness, jumpstart productivity, enhance innovation, inspire creativity, improve long-term memory, and, of course, help you stay on target. Tinkering with ideas and with things releases your mind to wander from a state of stuckness into a possibility frame of mind, triggering neural connections and new insights. Dabbling in a new endeavorÃ¢â ¬â •whether a hobby or fantasyÃ¢â ¬â •disrupts your habitual and reactive thinking, helping you find new solutions to old problems. Doodling can help you tap into another brain frequency to remove obstacles and create opportunities and inspiration. With techniques for training the brain to unfocus, concepts for scheduling busy lives, and ideas for controlling this new cognitive-toggling capability, Tinker Dabble Doodle Try will change how you think about daydreaming, relaxing, leaving work unfinished, and even multitasking. What youÃ¢â ¬â„¢ll discover is a greater freedom, a deeper intelligence, and a more profound joy in your life.Praise for Tinker Dabble Doodle TryÃ¢â ¬Å“PillayÃ¢â ¬â„¢s effortless writing style, combined with an excellent balance of popular psychology and self-help, makes this a helpful read for those who enjoy a light dive into psychology with practical applications.Ã¢â ¬Â•Ã¢â ¬â •Library JournalÃ¢â ¬Å“Pillay cites an intriguing range of brain studies to support his argument, and his case studies of individuals with whom he has worked provide useful insights.Ã¢â ¬Â•Ã¢â ¬â •Kirkus Reviews Ã¢â ¬Å“Dr. Srini Pillay offers a brilliant, deeply researched, and even more deeply imagined blueprint for using oneÃ¢â ¬â„¢s full mental armamentarium, conscious, unconscious, and all the undiscovered rest!Ã Â A fantastic book!Ã¢â ¬Â•Ã¢â ¬â •Edward M. Hallowell, M.D., co-author of Delivered from Distraction Ã¢â ¬Å“Dr. PillayÃ¢â ¬â„¢s new book will help you create a new, fun, more playful destiny and unlock your brainÃ¢â ¬â„¢s inner potential.Ã¢â ¬Â•Ã¢â ¬â •Daniel G. Amen, M.D., co-author of

The Brain WarriorÃ¢â ¬â„¢s Way Ã¢â ¬Å“This book not only gives you license toÃ Â step off the hamster wheel of focus, focus, focus, but it will show you how to strategically and productively do so.Ã¢â ¬Â•Ã¢â ¬â •JJ Virgin, author of JJ VirginÃ¢â ¬â„¢s Sugar Impact Diet Ã¢â ¬Å“This brilliant book shows how to manipulate your brain to alternate between intense concentration and deliberate mind-wandering.Ã¢â ¬Â•Ã¢â ¬â •Mark Robert Waldman, co-author of How God Changes Your Brain

Book Information

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Customer Reviews

Advance praise for Tinker Dabble Doodle TryÃ¢â ¬Å“[Srini] PillayÃ¢â ¬â„¢s effortless writing style, combined with an excellent balance of popular psychology and self-help, makes this a helpful read for those who enjoy a light dive into psychology with practical applications.Ã¢â ¬Â•Ã¢â ¬â •Library JournalÃ¢â ¬Å“Any reader will be bound to find more than a few useful [suggestions]. . . . Pillay cites an intriguing range of brain studies to support his argument, and his case studies of individuals with whom he has worked provide useful insights.Ã¢â ¬Â•Ã¢â ¬â •Kirkus ReviewsÃ¢â ¬Å“There has never been a generation in the history of the world that has spent less time alone with their minds. Between our cult of focus and our tendency to keep ourselves stimulated by our ever-present devices, what is lost is time to mentally meander, to ruminate and reflect. Srini Pillay makes a powerful case for the benefits of unfocus. Much more than that, he explains, in practical and provocative ways, how we can harness the power of our wandering minds to improve our careers and lives. Tinker Dabble Doodle Try is a powerful antidote to modern life.Ã¢â ¬Â•Ã¢â ¬â •Tony Crabbe, author of Busy: How to Thrive in a World of Too MuchÃ¢â ¬Å“At

a time when outsmarting AI means becoming more innovate and creative, who better to guide than Dr. Srini Pillay. In this heartfelt book Pillay uses his own experience and insights as a physician, psychiatrist, counselor, and musician to profoundly speak to the way we live our lives and narrate a way of being that will bring all of us to use our Ã¢â ¬Ëœbeautiful brain.Ã¢â ¬â„¢ A must-read for anyone determined to be inspiring, reflective and dynamic.Ã¢â ¬Â•Ã¢â ¬â •Lynda Gratton, professor of management practice, London Business School Ã Â Ã¢â ¬Å“I highly recommend this book to anyone looking to accomplish more by doing less. It shows why relentless focus and a cultish adherence to overwork are counterproductive. And it explains how innovation and insightÃ¢â ¬â •true markers of success in our new working realityÃ¢â ¬â •are more in our control than we might think. Read Tinker Dabble Doodle Try to strengthen both your ability and your resolve to slack-off, strategically.Ã¢â ¬Â•Ã¢â ¬â •Christine Carter, Ph.D., author of The Sweet Spot Ã¢â ¬Å“Dr. Srini Pillay offers a brilliant, deeply researched, and even more deeply imagined blueprint for using oneÃ¢â ¬â„¢s full mental armamentarium, conscious, unconscious, and all the undiscovered rest!Ã Â A fantastic book!Ã¢â ¬Â•Ã¢â ¬â •Edward M. Hallowell, M.D., co-author of Delivered from Distraction Ã Â Ã Â Ã¢â ¬Å“Dr. PillayÃ¢â ¬â„¢s new book will help you create a new, fun, more playful destiny and unlock your brainÃ¢â ¬â„¢s inner potential.Ã¢â ¬Â•Ã¢â ¬â •Daniel G. Amen, M.D., co-author of The Brain WarriorÃ¢â ¬â„¢s Way Ã Â Ã¢â ¬Å“This book not only gives you license toÃ Â step off the hamster wheel of focus, focus, focus, but it will show you how to strategically and productively do so.Ã¢â ¬Â•Ã¢â ¬â •JJ Virgin, author of JJ VirginÃ¢â ¬â„¢s Sugar Impact Diet Ã Â Ã¢â ¬Å“This brilliant book shows how to manipulate your brain to alternate between intense concentration and deliberate mind-wandering. YouÃ¢â ¬â„¢ll solve problems more quickly and experience more satisfaction in life.Ã¢â ¬Â•Ã¢â ¬â •Mark Robert Waldman, co-author of How God Changes Your Brain Ã Â Ã¢â ¬Å“Cognitive rest is the new exercise!Ã Â Tinker Dabble Doodle TryÃ Â is great medicine for those who have long suspected that multitasking and always being on the go arenÃ¢â ¬â„¢t all they are cracked up to be.Ã¢â ¬Â•Ã¢â ¬â •Sara Gottfried M.D., author of The Hormone Cure Ã Â Ã¢â ¬Å“The story of how the brain takes the 'ingredients' of our lives and spins them into new ideas, innovations, and creative inspirations is one of the most fascinating narratives I have read in some time.Ã¢â ¬Â•Ã¢â ¬â •John Assaraf, author of Having It All

Srini Pillay, M.D.,Ã Â is a Harvard-trained practicing psychiatrist,Ã Â aÃ Â brain-imaging researcher, and a brain-based technology innovator. Currently a part-time assistant professor at Harvard Medical School, he is also an invited faculty member in the executive education programs

at Harvard Business School and Duke Corporate Education. He is the founder and CEO of NeuroBusiness Group, an executive coaching, consulting, and technology business, which was named one of the top 20 leadership training Movers and Shakers in the world byÃ Â Training Industry. His previous book,Ã Â Life Unlocked: 7 Revolutionary Lessons to Overcome Fear, won a Books for a Better Life Award. Born in Durban, South Africa, heÃ Â nowÃ Â lives in Newton, Massachusetts.

At the end of his self-help book about unlocking the power of the unfocused mind, Dr. Srini Pillay says: ÃƒÂ¢Ã â ¬Ã Å“Tinker, Dabble, Doodle, Try is not meant to be a book; it is meant to herald a new an invigorated movement.ÃƒÂ¢Ã â ¬Ã Â• Dr. Pillay wants us to find our true selves; that is, ÃƒÂ¢Ã â ¬Ã Å“To be nobody but ourselves in a world that is night and day trying to make us just like everybody else. (and as EE Cummings continues) This is the hardest fight any human being can fight, and never stop fighting.ÃƒÂ¢Ã â ¬Ã Â• Throughout his book Dr. Pillay gives us the tools we will need to fully access the power of our minds to become our unique and creative selves.My suggestion for readers of this book is first to move quickly through the text to get the big picture and then to go back to the beginning and one chapter at a time apply the many good ideas for taking full advantage of our amazing minds.In Chapter 1 Dr. Pillay discusses the value of releasing our minds from a narrow minded focus on our work that prevents us from taking full advantage of whole brain thinking. He talks about the many roads to unfocus such as reverie, mind wandering, imagination, daydreaming, self-talk, using your body, and meditation. Qigong is one meditative practice that works well to help us learn to breathe and assimilate the light and life energy that are so important to our health and well-being. For those readers who want a taste of what Qigong is all about, go to YouTube and type in Bill Douglas Qigong for an excellent introduction to this meditative practice.Chapter 2 introduces us to ways to ÃƒÂ¢Ã â ¬Ã Å“Conjure Creativity.ÃƒÂ¢Ã â ¬Ã Â• Perhaps his best suggestion is to challenge ÃƒÂ¢Ã â ¬Ã Å“the norm, your biases about your creativity, and your concreteness.ÃƒÂ¢Ã â ¬Ã Â• We were all curious once when we were children, but much of that curiosity and creativity was drummed out of us in school where we were admonished to color within the lines. Dr. Pillay wants us to get outside the lines and tinker, dabble, and doodle as we reawaken our possibility thinking and dream dreams, but then ÃƒÂ¢Ã â ¬Ã Å“are willing to pay the price to make them come true.ÃƒÂ¢Ã â ¬Ã Â• Perhaps the most curious person who ever lived was the great Leonardo da Vinci and readers who want to learn more about the curiosity of the master should read Michael GelbÃƒÂ¢Ã â ¬Ã â„¢s book, How to Think Like Leonardo da Vinci. Curiosity is the first of the da Vincian principles.Dynamic Learning in

a Brave New World is the title of the third chapter and Dr. Pillay enlarges and expands on our ideas concerning feedback, what Ken Blanchard in his One Minute Manager calls ÃƒÂ¢Ã â ¬Ã Å“the breakfast of championsÃƒÂ¢Ã â ¬Ã Â• and what David McClelland says is one of the hallmarks of the achievement motivated person. Dr. Pillay advises us to ÃƒÂ¢Ã â ¬Ã Å“carefully consider feedback with a growth mindset; challenge its relevance.ÃƒÂ¢Ã â ¬Ã Â• Sadly, on the job we often work in a feedback vacuum, waiting for anyone to notice what we are doing and comment on its value to the organization. We must take responsibility ourselves for getting the information we need to, as Dr. Pillay says, ÃƒÂ¢Ã â ¬Ã Å“fall forward or fast.ÃƒÂ¢Ã â ¬Ã Â•Mastering Multitasking, Chapter 4 in the book, is a popular subject in the 21st Century as many of us try to juggle multiple job and family responsibilities. Dr. Pillay has examined the research on the subject and agrees that ÃƒÂ¢Ã â ¬Ã Å“Much recent neuroscience research tells us that the brain doesnÃƒÂ¢Ã â ¬Ã â„¢t really do tasks simultaneously, as we thought (hoped) it might. In fact, we just switch tasks quicklyÃƒÂ¢Ã â ¬Ã Â|. That start/stop/start process is rough on us: rather than saving time, it costs time (even very small micro seconds), itÃƒÂ¢Ã â ¬Ã â„¢s less efficient, we make more mistakes, and over time it can be energy sapping.ÃƒÂ¢Ã â ¬Ã Â• Dr. Pillay agrees and suggests that we ÃƒÂ¢Ã â ¬Ã Å“do tasks when they best fit into your day and provide local feedback as you do so.ÃƒÂ¢Ã â ¬Ã Â•By now readers of this lengthy review have gotten a good sampling of the information and advice Dr. Pillay provides in his book. He summarizes and consolidates much useful information and does so keeping our interest and attention through his use of case studies taken from his practice as a psychiatrist. At times I felt as if some of these case studies went on a bit longer than necessary, but that said, his direct and clear writing style made reading his book a pleasure.As mentioned at the beginning of this review, this book is meant to be applied, chapter by chapter. Tinker, Dabble, Doodle, and Try each day and keep a journal of the progress made in what Dr. Pillay tells us is the adventure of our life.

This book is a must read for anyone who wants or needs to tap into their creative powers. Pillay, a gifted and masterful writer with a style I enjoyed very much, gives you the latest research in neuroscience that can help you to tap into your brain power and make the most of it. I also recommend this book for anyone in a leadership role in education. There is useful information in this book that can help educational leaders help students make the most of what their brains were designed to do.

I am so happy with this cd. I am practicing some of the suggestions and my life seem easier. Thank

you

Love love love this!

Excellent!

As a tinkerer, doodler, and definitely a person willing to try things; I expected and wanted to love this book. Sadly it was both far from enjoyable or useful to me. While some of the advice makes sense (unfocus to see the big picture), it is also obvious. The book is an odd mix of biographical stories (Steve Jobs, Jeff Bezos, etc.) intended to be inspirational, psychology and science, and pseudo-science such as claims that we all share a common mind ? (really). I wouldn't go as far as saying that I hated it, because there are some useful ideas, but it is far from inspirational.Much of the book felt like a forced fit of too much un-related subject matter into a single title.Today, many people are involved with the "maker" movement, an outstanding example of tinkering and trying, but not an idea well explored in this text. I suppose that part of the problem is that tinkering, dabbling, and trying are all different in different subject areas. So tinkering for a chemist might be very different than for an electrical engineer. Still, I think that some great books have been written that can cross those boundaries to convey a single story (such as Set Phasers on Stun)Ã Â Set Phasers on Stun: And Other True Tales of Design, Technology, and Human ErrorIf you are an engineer, writer, musician, or scientist -- there is sure to be some nuget in here that you will find interesting. But those same nuggets can be found in other books more relevant to each and any profession with perhaps other lessons to learn as well. For me this book wasn't worth the read.

Tinker Dabble Doodle Try: Unlock the Power of the Unfocused Mind by Srini Pillay MD is a wonderful book that provides scientific support for the concept that letting you mind out to play can actually lead to greater creativity and insight. In a world that seems to demand hyper focus, it's intriguing.The author cites his own personal experiences, scientific studies and research and the personal habits of many famous, innovative people, which I found fascinating and very relatable. Who hasn't had the experience of studying long and hard only to find your ah ha moment comes after a bit of mental recreation?Many of the studies cited and the author's suggestions for unfocusing were not new to me but I still found it a highly enjoyable read and it renewed my belief that putting blinders on your mental processes in an effort to focus deeply leaves one unable to see the forest for the trees. For that reason, I think this book would be of special interest to parents. I am

convinced that a highly structured educational system that leaves little time for tinkering, dabbling, doodling and trying actually squelches creativity and innovation and this book seems to support that.

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