

# Experience exercises from “The Ghost in My Brain,” by Clark Elliott, Ph.D.

If you're feeling a bit overwhelmed by reports, memos, letters, formulas, pamphlets, periodicals, emails, voice mails and phone calls that come your way, you're not alone. Yet as much as we gripe about being inundated with information, nobody is suggesting we put an end to it or even set limits on it in some way. Without a sufficient amount of data, we would make poor decisions.

These exercises give you practice in selecting relevant information. Of course, in real life what is relevant to one person may be completely irrelevant to another. These puzzles teach you the process of distinguishing relevant information from information that is useless at the moment. Knowing when information matters and when it doesn't distinguishes the bona fide expert from the merely competent.

## ***NO PAIN, NO GAIN***

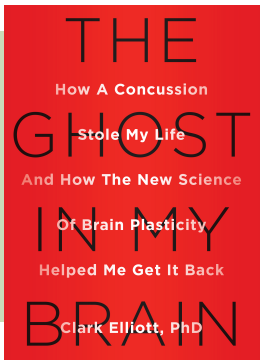
### **Why These Exercises Are Worth the Effort**

I often receive highly diverse reactions to connect-the-dot puzzles, so you shouldn't be surprised if some people love them and others hate them. For individuals who don't organize information in a connect-the-dot kind of way, these puzzles can be quite challenging. On the other hand, I've found them to be enormously effective, in part because they give people practice in a wide variety of thinking skills, including the following:

- Select relevant information amid chaos
- Project the desired result, which minimizes ambiguity
- Plan behavior and confirm inferences before taking action
- Verify results
- Change strategies as needed to attain desired results

Purchase exercises at

**<http://www.designsforstrongminds.com/exercises>**

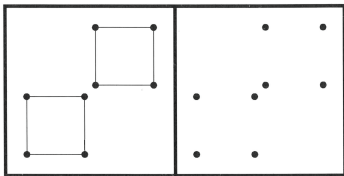


# Visual Imagery Warm-up Exercises (100 Pages)

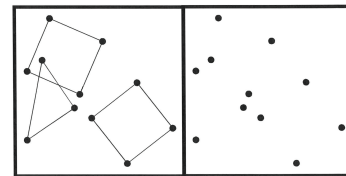
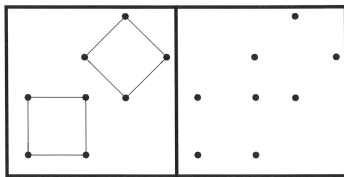
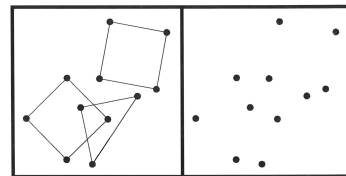
Build visual imagery to improve mental flexibility, problem solving, and memory.

## Example Puzzles

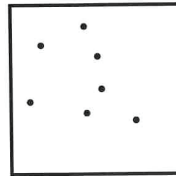
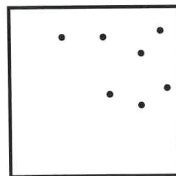
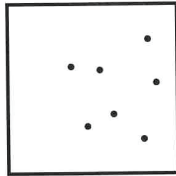
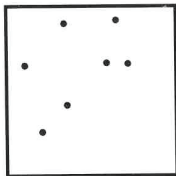
Connect the dots so that the figures in the right box look like the figures in the left box.



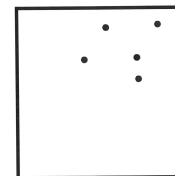
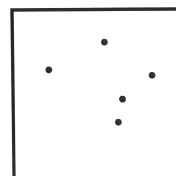
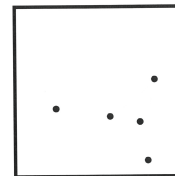
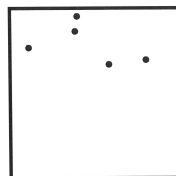
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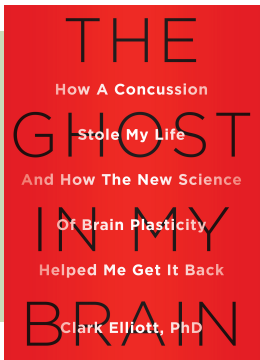
Connect the dots to find the in the boxes below.



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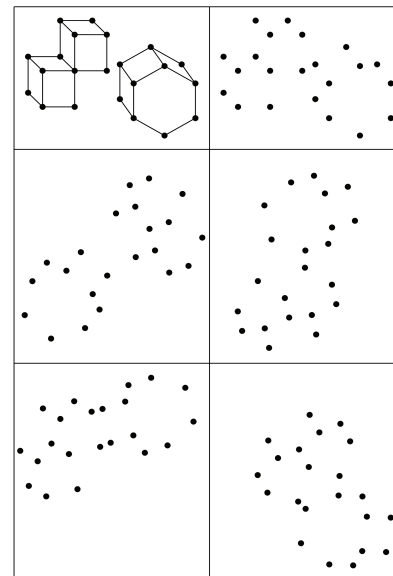
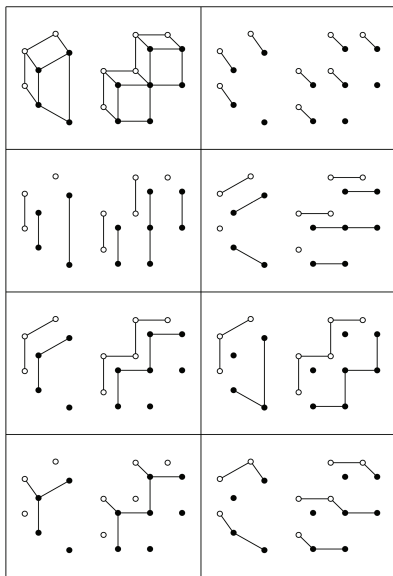
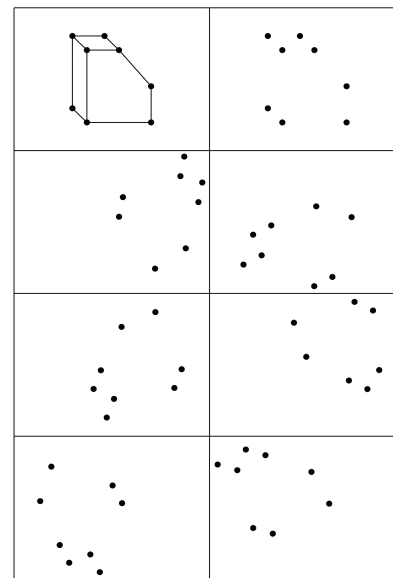
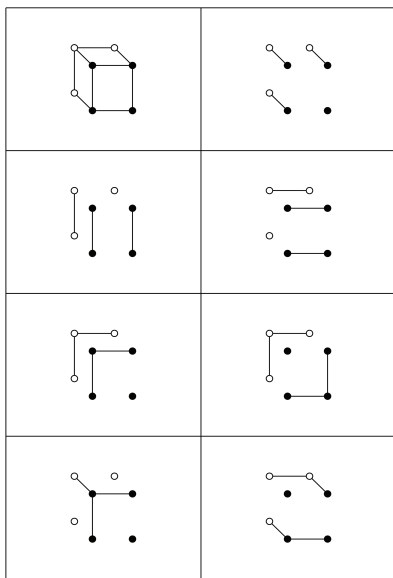
Purchase exercises at <http://www.designsforstrongminds.com/exercises>



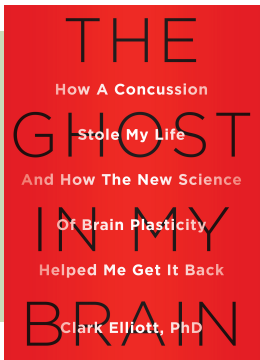
# Beginner Visual Imagery (90 Pages)

Build visual imagery to improve mental flexibility, problem solving, and memory.

## Example Puzzles



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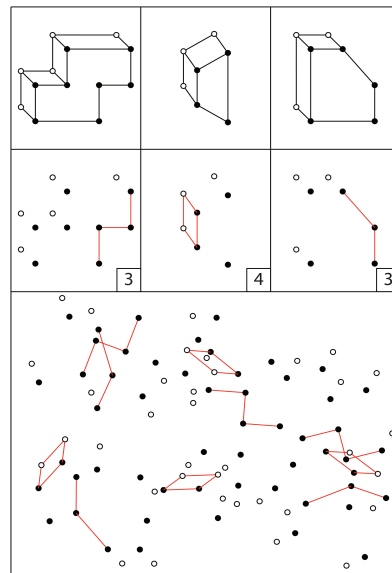
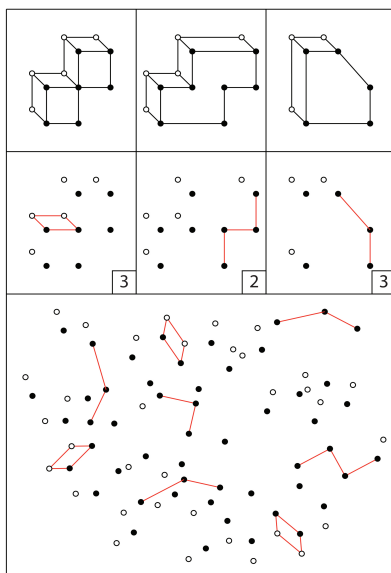
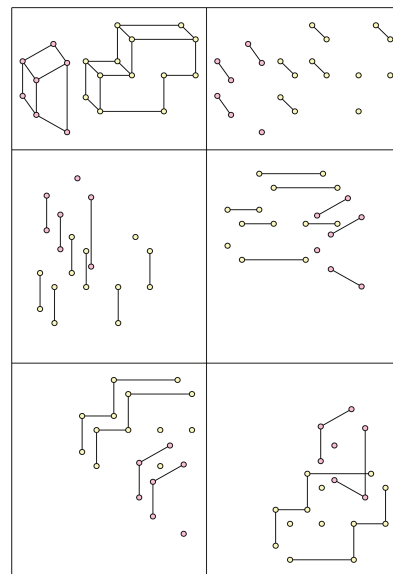
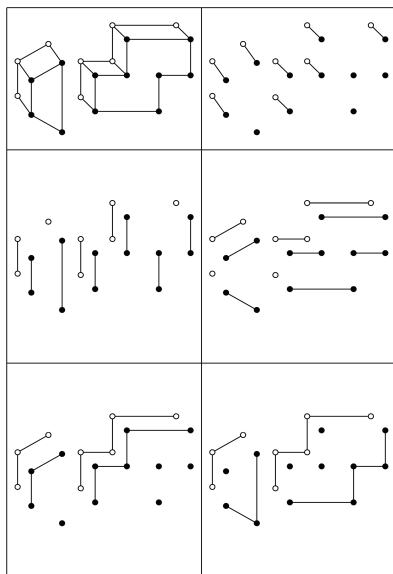


# Intermediate 1

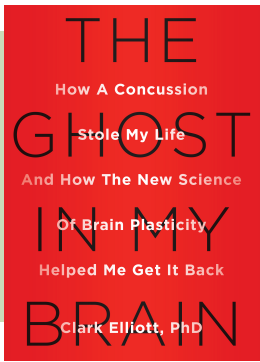
## Visual Imagery (80 Pages)

Build visual imagery to improve mental flexibility, problem solving, and memory.

### Example Puzzles



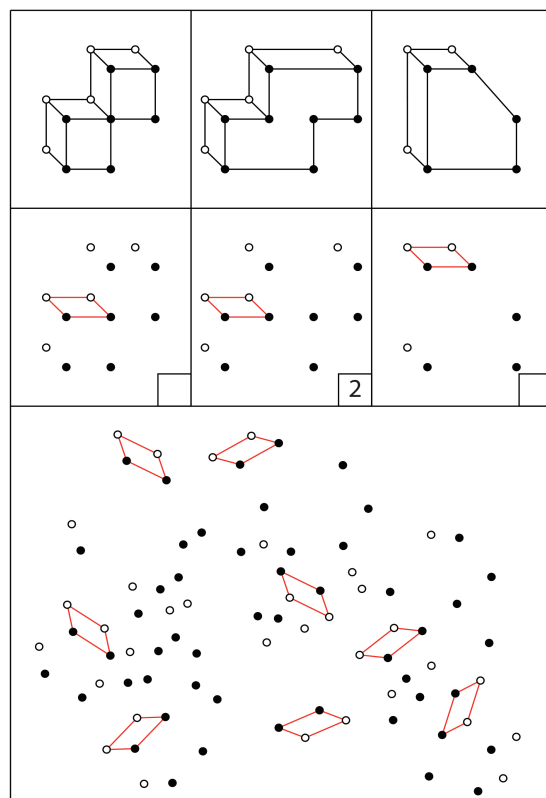
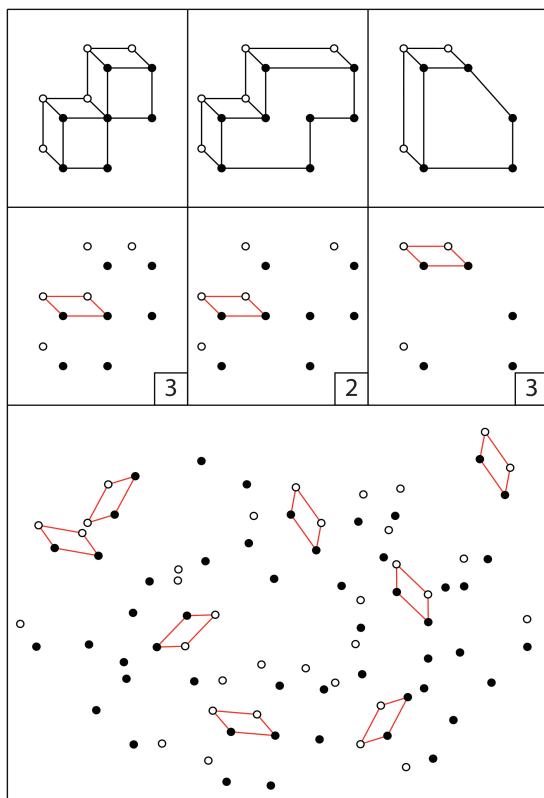
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# Intermediate 2 Visual Imagery (90 Pages)

**Build visual imagery to improve mental flexibility, problem solving, and memory.**

## Example Puzzles



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