

Think BETTER Analytically



Ways to Build Up
Everyday Analytical Thinking

Meredith Larissa

instafo

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Meredith Larissa & Instafo

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Chapter 1: Analysis Commence

The Classification of Thinking Processes

Critical thinking.

Analytical thinking.

Lateral thinking.

Creative thinking.

Logical thinking.

Out-of-the box thinking.

Positive thinking.

Manifestation thinking.

Sound familiar? With all the terms coined in recent years, there are enough shades of “thinking” to fill a rainbow. If you wait

until the next Super Bowl, someone will have come up with yet another *new kind of thinking* that psychologists or management gurus will be sharing with the world.

Even though “thought” may be the oldest human activity, people who study how we think are continually trying to discover new ways human beings can enhance their brain potential. Scientists, academicians, mystics and coaches also suggest that the *right way of thinking* to accomplish certain goals is something that must be learned.

There is a significant difference between *simply thinking* and **systematically managing your thinking process.**

Thinking may be completely natural, but if you want better results, working on appropriate techniques can help you achieve your goals. After all, walking and running are normal activities, but competitive or marathon running requires technique and practice. Breathing is inevitable, but managing that breath for meditation or swimming requires disciplined technique.

Disciplined thinking is no different.

Experts suggest that dealing with different problems may require a *different manner* of thinking so as to arrive at the best solution. It's just like determining the size of the bolt and then finding the wrench that fits.

One thing you could infer from this is that common sense is not very common at all.

The Human Breakdown of Information

Analytical thinking, or the ability to “analyze,” relates to absorbing large chunks of information and breaking it down to smaller bits, and sorting and organizing those bits to better understand and articulate the problem at hand AND find a solution to a problem.

Analytical thinking is:

1. Breaking down large information into bits and pieces

2. Sorting and organizing details

3. Studying the parts to solve the big picture

Think BETTER Analytically

An Analysis of Your Own Thinking

Over the past few years, there have been many different types of thinking that have emerged, promoted as the best one: positive thinking, out-of-the-box thinking, critical thinking, and so on.

How does one obtain these magical thought processes? Really, all these varieties of thinking are related to analytical thinking. But isn't analytical thinking just like regular thinking?

It may seem that way when one thinks unconsciously all the time. It may feel as though it comes as natural as breathing. However, thinking of ideas and managing your thoughts are not the same thing. Managing your train of thought takes technique and discipline.

Analytical thinking is no exception. It is the breaking down of large chunks of information into small, manageable pieces, sorting and organizing these pieces, and studying the parts to see the big picture.

This can be helpful in a multitude of situations. Whether at work, listening to friends, or at home, analytical thinking and reasoning can be a helpful tool to manage everyday stresses and problems.

Let's dive into your mind to examine...

- The stages of analytical thinking: confront, conform, construct, and conclude.
- The different brain games and activities to play to expand mental horizon.
- The application of analysis to improving social and situational awareness.
- The practice of analytic skills for better career and work-place performance.
- The prevention of over-analyzing, creating the all too-common analysis paralysis.

...and all this and more is included in "Think Better Analytically."

If you are tired of always feeling like you are missing details or you fail to put details in to a large picture, then build up better analytical abilities today.