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Cognition-in-action: For experts, when all is going well, optimal or near optimal performance frequently employs some of the following conscious mental processes: self-reflective thinking, planning, predicting, deliberation, attention to or monitoring of their actions, conceptualizing their actions, control, trying, effort, having a sense of the self, and acting for a reason. Moreover, such mental processes do not necessarily or even generally interfere with expert performance, and should ...

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paralysis.

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Thought in Action: Expertise and the Conscious Mind. Barbara Gail Montero. Oxford University Press UK (2016) Authors Barbara Gail Montero CUNY Graduate Center Abstract How does thinking affect doing? There is a widely held view that thinking about what you are doing, as you are doing it, hinders performance. Once you have acquired the ability ...

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dance, athletics, music, medicine, and chess -- that will be of interest to those who work in philosophy of mind and psychology, aesthetics, and action theory, whatever their concern with this overall thesis.

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"Thought in Action is convincing in its overall argument that philosophers and psychologists are mistaken when they denigrate the usefulness of conscious thought to optimal expert performance. And it also provides a detailed discussion of kinds of expert performance -- in dance, athletics, music, medicine, and chess -- that will be of interest to those who work in philosophy of mind and psychology, aesthetics, and action theory, whatever their concern with this overall thesis."

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