



Your Daily Practice

Episode 22

Extend Your Mind Beyond Your Brain with Annie Murphy Paul

We are sensing the world around us all the time. Yet, we often do not recognize the information picked up by our bodies. Do you want to extend your thinking beyond your brain? Do you want to learn how to use your body to enhance your use of information in the world around you? In today's daily practice, we explore different ways to extend your mind.

Different Ways to Extend Your Mind

1. **Gesture to enhance your communication.** Notice how this changes your relational interactions with your children or in an online environment.
2. **Think with your surroundings.** Look for fractals in nature - spend some time mindfully looking at nature - especially when you find yourself trapped in your own thinking mind.
3. **Thinking with relationships.** Bring someone else into something you typically think on alone and see if it changes the process for you.