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The act of recalling an event (say, your eighth birthday party) changes the structure of that memory in the brain. Details are tweaked; the narrative is altered. The more you think about it, the less accurate your recollection becomes, and the less reliable it is as a basis for

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making any kind of conclusion.

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Developing this as a thinking habit will ensure you will become a more critical thinker, learn more, and provide some degree of enlightenment to others with whom you interact. References [1]

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descriptive than prescriptive, even if the descriptions usually have clear implications). As always, Jacobs is an engaging author, but this time, for me at least, it just wasn't quite engaging enough for me to want to return to the ...

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Critical thinking is the opposite of regular, everyday thinking. Moment to moment, most thinking happens automatically. When you think critically, you deliberately employ any of the above intellectual tools to reach more accurate conclusions than your brain automatically would (more on this in a bit). This is what critical thinking is. But

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so what?

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