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К АУДИОКНИГЕ

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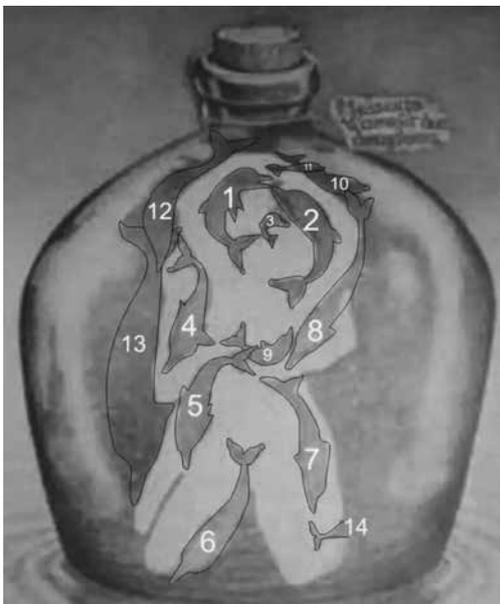
**НЕУДОБНАЯ  
ПРАВДА  
ДЛЯ УДОБНОЙ  
ЖИЗНИ**

*Когда просто  
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# ГЛАВА 1. О НЕСОЗНАТЕЛЬНОМ В НАС

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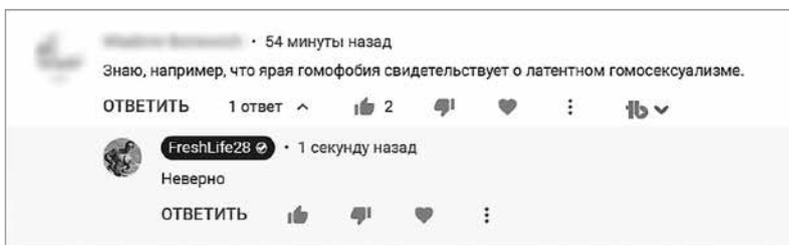


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## ГЛАВА 3. ВСЕ, ЧТО ТЕБЕ НЕ НРАВИТСЯ В ЛЮДЯХ, ЕСТЬ В ТЕБЕ!

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Идентификация - процесс



Я мальчик

Я внук

Я люблю машинки

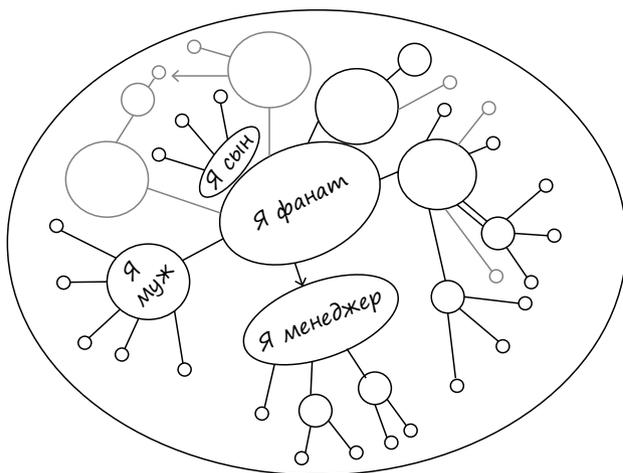
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Я дедушка

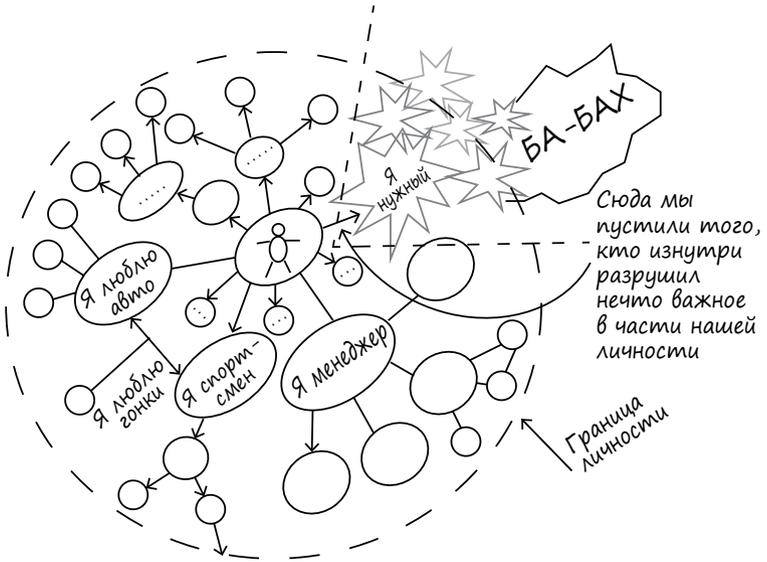
Я садовод



Идентичность  
как результат  
идентификации



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# ГЛАВА 8. ПРОЖИВАНИЕ ЭМОЦИЙ

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КРУГ ЭМОЦИЙ  
МОЖЕТ ПОМОЧЬ  
ТЕМ, У КОГО  
НЕТ ОПЫТА  
РАСПОЗНАВАНИЯ  
СВОИХ ЭМОЦИЙ



# ГЛАВА 14. ОБЩЕЕ РАЗВИТИЕ МОЗГА

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[Front Psychol](#). 2014; 5: 762. PMCID: PMC4126200  
Published online 2014 Aug 6; doi: [10.3389/fpsyg.2014.00762](https://doi.org/10.3389/fpsyg.2014.00762) PMID: 25152737

**On the effect of chess training on scholastic achievement**

William M. Bart\*

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What are the effects of chess training—especially on scholastic achievement among school-aged students? Can chess instruction facilitate the acquisition of scholastic competency? The current state of the research literature is that chess training tends not to provide educational benefits. This

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## It Takes Two—Skilled Recognition of Objects Engages Lateral Areas in Both Hemispheres

Merim Bilalic  Andrea Kiesel, Carsten Pohl, Michael Erb, Wolfgang GroddPublished: January 24, 2011 • <https://doi.org/10.1371/journal.pone.0016202>

Article	Authors	Metrics	Comments	Media Coverage
v				

### Abstract

Introduction  
Results  
Discussion  
Materials and Methods  
Supporting Information  
Acknowledgments  
Author Contributions  
References

### Abstract

Our object recognition abilities, a direct product of our experience with objects, are fine-tuned to perfection. Left temporal and lateral areas along the dorsal, action related stream, as well as left infero-temporal areas along the ventral, object related stream are engaged in object recognition. Here we show that expertise modulates the activity of dorsal areas in the recognition of man-made objects with clearly specified functions. Expert chess players were faster than chess novices in identifying chess objects and their functional relations. Experts' advantage was domain-specific as there were no differences between groups in a control task featuring geometrical shapes. The pattern of eye movements supported the notion that experts' extensive knowledge about domain objects and their functions enabled superior recognition even when experts were not directly fixating the objects of interest. Functional magnetic resonance imaging (fMRI) related exclusively the areas along the dorsal stream to chess specific object recognition. Besides the commonly involved left temporal and parietal lateral

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### Subject Areas

Visual object recognition  
Eye movements  
Neuroimaging  
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ELSEVIER Educational Research Review Volume 18, May 2016, Pages 46–57

Outline  
Highlights  
Abstract  
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1. Introduction  
2. Scope, aims, and hypotheses of the present m...  
3. Method  
4. Results  
5. Discussion  
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Review  
Do the benefits of chess instruction transfer to academic and cognitive skills? A meta-analysis ☆  
Giovanni Sala, Fernand Gobet  
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<https://doi.org/10.1016/j.edurev.2016.02.002>  
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Highlights

- Chess instruction is thought to improve children's cognitive and academic skills.
- Results show a modest overall effect size ( $g=0.338$ ,  $K=40$ ).

Recommendations  
Self-select chess players  
Journal of  
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Review > Psychol Sci Public Interest. 2016 Oct;17(3):103-186. doi: 10.1177/1529100616661983.

## Do "Brain-Training" Programs Work?

Daniel J Simons<sup>1</sup>, Walter R Boot<sup>2</sup>, Neil Charness<sup>3</sup>, Susan E Gathercole<sup>4</sup>, Christopher F Chabris<sup>5</sup>, David Z Hambrick<sup>6</sup>, Elizabeth A L Stine-Morrow<sup>7</sup>

Affiliations — collapse

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- 6 Department of Psychology, Michigan State University.
- 7 Department of Educational Psychology, University of Illinois at Urbana-Champaign Beckman Institute for Advanced Science and Technology, University of Illinois at Urbana-Champaign.

PMID: 27697851 DOI: 10.1177/1529100616661983

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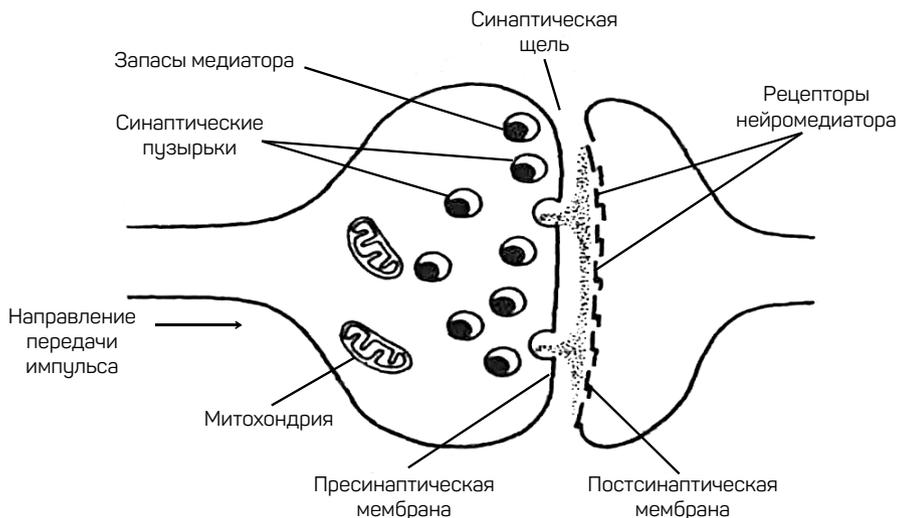
Abstract

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# ГЛАВА 16. НЕЛЬЗЯ РАССКАЗЫВАТЬ О СВОИХ ПЛАНАХ

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# ГЛАВА 22. КАК ПЕРЕСТАТЬ БОЯТЬСЯ

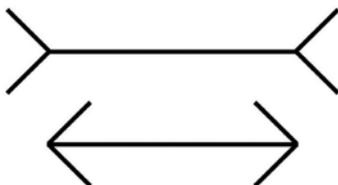
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Сейчас я вам объясню, что это такое. Смотрите.

---

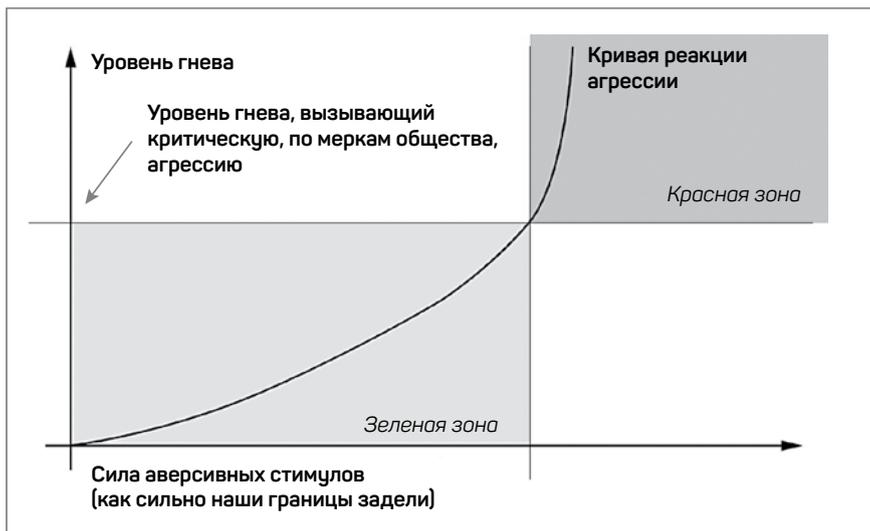
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Итак, две линии. Я их нарисовал так, что они одинаковые. Возьмите линейку и измерьте. Теперь вы знаете, что они одинаковые, и сейчас вы это видите. Дальше я сделаю вот такие пририсовки двух галочек.



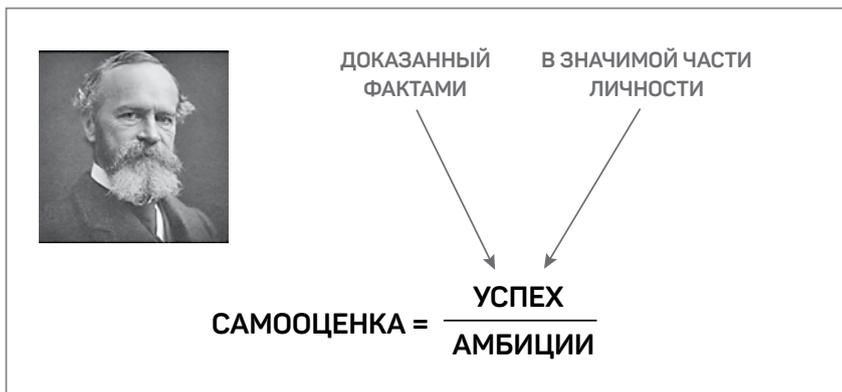
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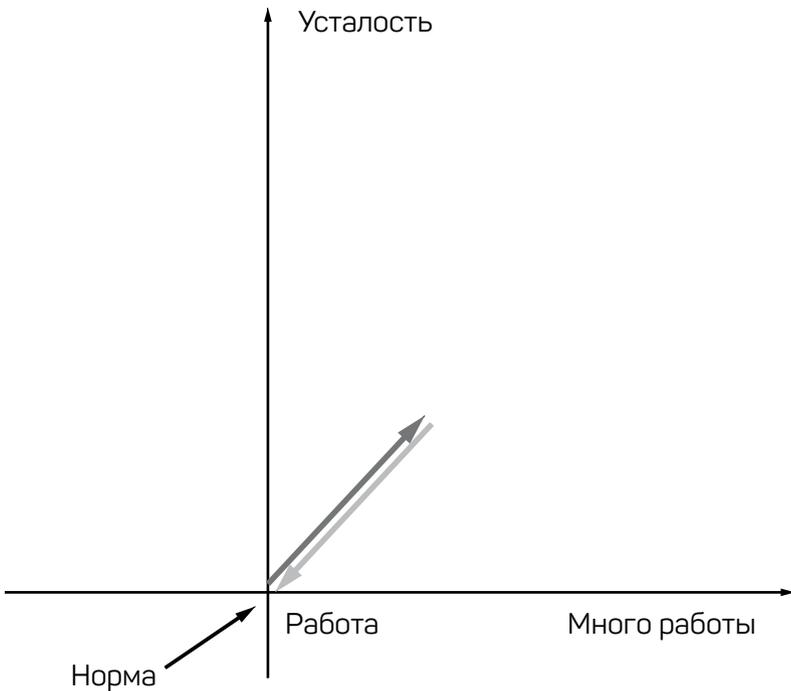
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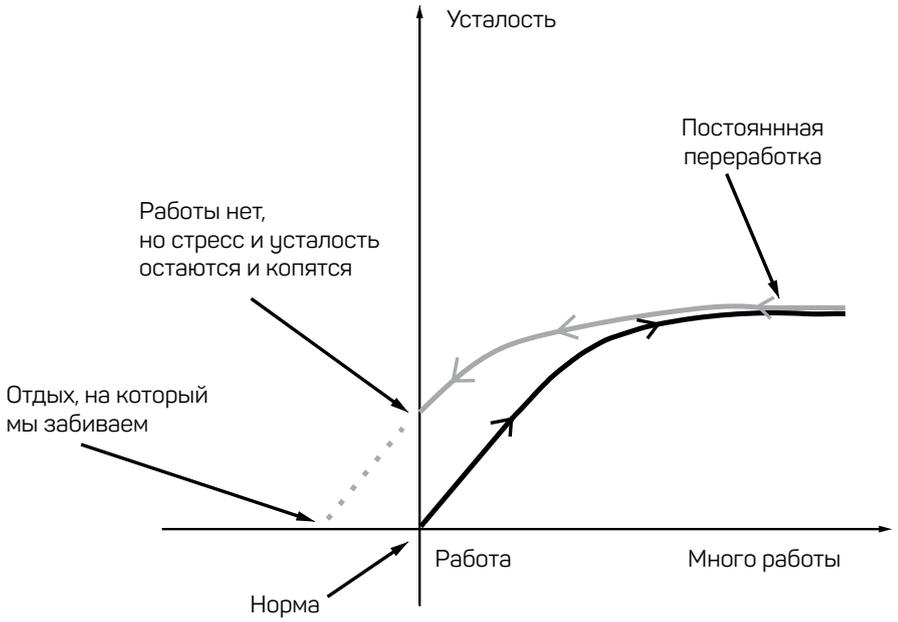


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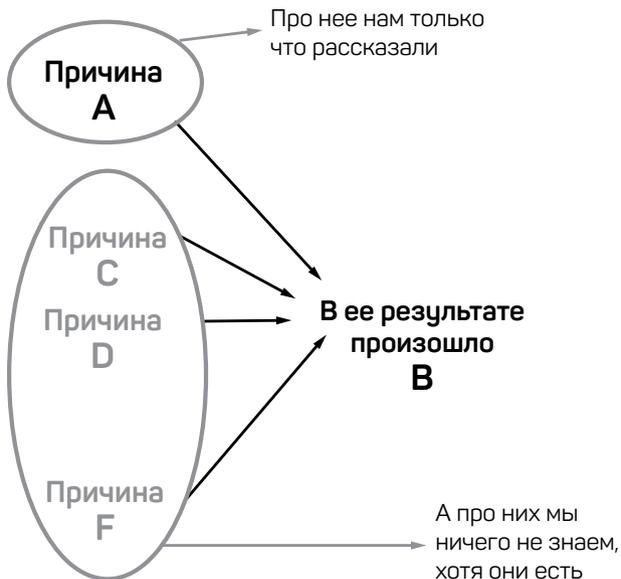


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# ГЛАВА 30. КЕЙСОВОСТЬ МЫШЛЕНИЯ

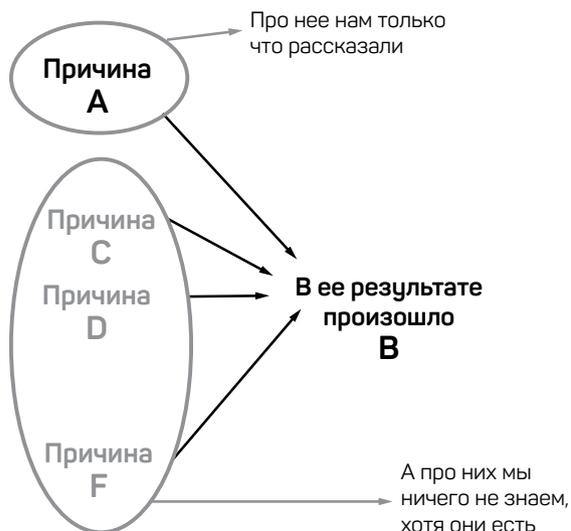
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# ГЛАВА 31. ВОСЕМЬ С ПОЛОВИНОЙ ВРЕДНЫХ ГОРОСКОПОВ



## ПРИЛОЖЕНИЕ 1. МОДЕЛЬ ЛИЧНОСТИ З. ФРЕЙДА

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ID (ОНО)

Удовольствие  
Инстинкты  
Нет контроля  
Бессознательное

