- mind map book
  - what is it?
    - visual representation of
      - ideas
      - connections
    - one central concept
      - derived ideas
    - not more than few words in box
    - different colors
    - curved lines
  - uses
    - create
      - creativity
        - brainstorm
        - explore ideas
        - discover links
      - organization
        - clarify thoughts
        - clear outline
        - logic
      - examples
        - for diary
        - to write
        - to speak
    - plan
      - project
      - event
      - solve problem
    - learn
      - deeper insight
        - whole
          - big picture
        - parts
          - details
      - memorize
  - why it works?
    - principle of synergy
    - taps into brain full potential
      - left
        - organization
        - relations
        - patterns
        - logic
        - analysis
      - right
        - creativity
        - immagination
        - expression
        - intuition
        - holistic
    - repeat & reinforcing mechanism
      - ideas are "juggled" between left and right brain
  - My review
    - part of my everyday life
      - examples
        - writing
          - posts
          - work reports
        - vacation
        - projects think through
      - ithoughts hd on ipad
        - takes mind mapping to whole new level
        - launch it several times day
      - connected to apple tv for family brainstorming
    - the principles taught by Buzan are now widely accepted as truths
      - need to stimulate both parts of brain
      - creativity = quantity
      - need to exercise to allow the brain to perform better
      - memorization needs repetition at certain intervals
    - criticism
      - no formula, no mental attitude, no physical exercise can account for success or for creativity
      - error should not scare us but should still be a warning sign!
        - certain endeavors don't work out no matter what
        - adjust sometimes means abandoning the venture
          - recognizing that it is not for us
  - complementing mind-maps: other elements of success
    - attitute for success
      - TEFCAS
        - apology of errors
          - Einstein
          - Joyce
        - learning is not a linear curve
          - there are severe setbacks in path to success
          - what is important is to LEARN with every trial
    - attitude for creativity
      - importance of brainstorming and producing many wrong ideas!
      - quantity, quantity, quantity!
      - relaxed attitude
    - learning secrets
      - repetition
        - 1 day, 1 weeks, 1 month, 3-6 months
      - breaks
    - exercise and sleep
      - importance of
        - endurance
        - flexibility
        - strength
        - posture
        - mens sana in corpore sano