The Agile Mind
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The Agile Mind proposes a new integrative framework for understanding and promoting creatively adaptive thinking. The mind is not only cognition, narrowly construed, but is deeply intermeshed with action, perception, and emotion. This means that optimal mental agility is realized at the dynamic intersection of environment, brain, and mind.

Building on empirical research from the behavioral and brain sciences, from developmental and social psychology, and from neuropsychology, psychopathology, and allied disciplines, this book argues that understanding our agile minds requires that we go beyond dichotomous classifications of cognition as intuitive versus deliberate. When we are optimally creatively adaptive, we are able to adroitly move across not only a wide range of levels of cognitive control, but also across multiple levels of detail. Neither abstraction nor specificity, neither controlled nor automatic processes alone are what is needed. Contextually sensitive variation is essential, including rapidly intermixed modes of cognitive control, if we are to realize our fullest capacities for insightful innovation, fluent improvisation, and flexible thinking.

Written for an interdisciplinary audience, empirical findings are enriched with insights from the arts and literature. Mastering the many factors that can help to promote mental agility is important to each of us, both individually and collectively, as shapers and makers of our selves and our societies.

Features
• Develops a new integrative framework for conceptualizing mental agility
• Provides a broad interdisciplinary account of innovation and flexible thinking that overarches narrower, more limited, constructs such as creativity, executive control, or resilience
• Incorporates findings from often disconnected research literatures, and uniquely takes account of the burgeoning literature on the pervasive importance of levels of representational specificity in thinking
• Offers science-based approaches to promote adaptively creative thinking across the lifespan