



Stanford eCorner

Life Hacks for Breakthrough Thinking

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Video URL: <http://ecorner.stanford.edu/podcasts/5122/Life-Hacks-for-Breakthrough-Thinking>

Olivia Fox Cabane and Judah Pollack, co-authors of the book “The Net and the Butterfly: The Art and Practice of Breakthrough Thinking,” share tips on how we can train ourselves to have more “eureka” moments with mental exercises that awaken more regions of our brains and build our comfort level with failure and uncertainty — two givens on the way to innovation.



Transcript