

#### Student Reflection:

"My reading of Josh Waitzkin's book, *The Art of Learning*, has led me to come across many superior and beneficial ideas, all in light of the beauty of one's learning process. My extraction of these wonderful ideas will optimistically result in them becoming a part of how I grasp new materials and how I learn fine concepts. I feel that one of the strongest aspects of this book is that, not only does it present and explain several ideas throughout its chapters, but a reader may also take away from their observation of Waitzkin's own life. This book I feel will expose any reader that beholds it to endless new skills and mind-states, as it has done for me. In greater profundity, the three supreme elements that I see to be presented in this book are, the importance of pushing oneself with deeper thoughts and bigger challenges, finding the greatest value in the process of learning rather than the end result of it, and the maximization of any positive or negative situation. At the outset, it is evident that Josh continuously yearns to reach for the top and to stretch himself in hopes of performing his utmost best. This trait he displays in his pursuit of chess as well as in tai chi, and he addresses this constant goal at many phases throughout the book. Subsequently, a key point that Waitzkin closes in on during his book is the concept of learning to appreciate and benefit primarily from how one learns, and not to get caught up in the success that waits at the end of the journey. Finally, this book certainly places emphasis on the ability of taking any situation, especially a bad one, and turning it into your advantage. I believe that this lesson is one which can be attained through the analysis of Waitzkin's life and career, as he must face a great number of unwanted challenges on his journey to success. Yet he faces them with an optimistic mind and a proper attitude; a skill which any individual would benefit from actualizing. This book outlines a great number of superb ideas on the process in which one learns, as Josh himself displays and later elaborates on. Ultimately, these three key ideas are the greatest which I was able to derive from Josh Waitzkin's book on the art of learning."