**UNNATURAL ACTS**

**BY ROBERT CARROLL**

**This book was filled with countless stories that kept me enthralled. The author used them to illustrate in detail what is involved in being a critical thinker. He listed just about every logical fallacy that we are confronted with, and discussed why it is so important to avoid these pitfalls. He gave specific advice on how to organize your thinking so that you don't fall victim to lazy, popular thinking.**

**He sprinkled the chapters with incisive quotes from famous skeptical thinkers; and there were also some very funny parts (though his targets probably wouldn't be inclined to agree). He debunks a multitude of popular myths including *Brain Gym*. The only way to strengthen your brain is by staying physically fit and ... studying your ass off.**

**One big surprise for me was that memorizing a series of numbers does not improve your mind's ability to remember a series of letters. So just like we were taught in kinesiology (not to be confused with *applied* kinesiology), "specificity of exercise" also applies to the brain.**

**After reading this book and realizing the state of development that humans are in, it is almost tempting to write a will and then empty a bottle of aspirin. But then anger kicks in. Anger that the charlatans, liars, con-artists, and downright evil people are trashing our planet with their self-serving lies. Then I tear up the will, put away the aspirin, and get back to the business of trying to clean up this cesspool. Apparently, that's the same conclusion Robert Carroll came to ... as he fought all the way until his death.**

**GRADE A**

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