

Re: Smart Pill for Boosting Electronics Design Performance

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D from BC wrote:

There is no smart pill...if so ...
I'll pop one to figure out if I should take more. :)
.....
There's some very intelligent people on here and I wonder if it's partly due to lifestyle...

Are electronic designers getting exercise and eating "mentally" healthy foods to stay mentally sharp?

Also....
I did some reading long ago on attention span... IIRC it matches the duration of TV shows..about 45 minutes.
I sometimes hack on the same circuit for hours.. But I have to wonder about my mental performance during those hours...
Maybe it was best during the first 45minutes?

How do you stay sharp?
D from BC

I once estimated that on a design I spend most of my time staring out of the window, punctuated by intense bursts of work.

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Dirk

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Presented by Dirk Bruere and Marc Power on ResonanceFM 104.4 <http://www.resonancefm.com>