

Sharpen Your Axe

Two lumberjacks were chopping wood in the forest one day. The first lumberjack chopped from dusk till dawn, not even pausing for lunch. The second lumberjack sat down for a few minutes each hour.

At the end of the day the first lumberjack was surprised to see that his companion had cut much more wood than he. He asked his companion how he had managed the feat even though he took so many breaks. His friend replied, "When I sat down each hour I was sharpening my axe."

Psychological research shows that it pays to sharpen your brain as well. Study for twenty or thirty minutes, then take a five-minute break and play the guitar, shoot some hoops, or whatever you do to relax. Then go back to studying.

As you get tired, increase the length of the breaks. You will be amazed at how much easier it is to study and how much better your brain will recall what you are studying!

Try it for yourself, and you will never go back to the old way. A dull axe makes for tiring work, but if you take time out to sharpen your mind you'll maintain your edge!

**With grateful acknowledgement to
Walter Bradley**

