Someone once told me that you don’t even know what you don’t know. So I was happy to find a book with the subtitle of “The Power of Knowing What You Don’t Know”. In Think Again, Adam Grant poses a strong argument for constantly unlearning and rethinking and gravitating towards people who challenge what we’ve already decided is true.

The book is divided into three parts: Individual Rethinking, Interpersonal Rethinking, and Collective Rethinking. He starts out saying that many times we cling to assumptions, instincts, habits, which doesn’t leave a lot of room for an open mind, which is what the first section focuses on. If we think like a scientist, we will be more likely to always look for the facts to support our thoughts and may just end up finding that we need to change our minds.

The second section shows examples of how individuals can use different methods to persuade others to reconsider many baked-in beliefs. He gives some solid direction on how to go slowly and seek common ground in different settings: school, work, and other real life situations. He makes it sound easy, but it will take practice and a desire to connect with others in a deeper level. I mean, one can hardly carry around this book and start flipping to a certain page when in conversation with other people, right?

Maybe not. Ellen Ochoa, an astronaut at NASA, first Latina in space, and deputy director of flight crew operations did something similar. She knew that people had to combat the “fear of looking like a fool, asking questions that people just dismiss, or being told you don’t know what you’re talking about.” She also carried a 3X5 note card in her pocket with questions to ask about every launch and important operational decision. And she was an expert. Carrying around prompts. On things she probably did every day.

The text is interspersed with a variety of illustrations, diagrams, and the occasional cartoon which keeps it even more fun and interesting. Then at the end, there is a handy takeaway section, which is kind of like a quick reference to each section of the book – and just like that, I see the pages I could flip to.