

Contents

<i>Preface</i>	xi
<i>Acknowledgments</i>	xiii
Introduction: What Can a Philosopher Tell You About Expertise?	1
1. "Don't think, dear; just do" and Other Manifestations of the Just-do-it Principle	14
2. Just-do-it Versus Cognition-in-action	32
3. What is an Expert?	51
4. Does Thinking Interfere With Doing?	75
5. Thinking Fast	109
6. Continuous Improvement	127
7. You Can't Try Too Hard	146
8. Effortlessness with Effort	166
9. The Pleasure of Movement and the Awareness of the Self	178
10. The Aesthetic Experience of Expert Movement	192
11. Intuition, Rationality, and Chess Expertise	210
12. Sex, Drugs, Rock and Roll, and the Meaning of Life	237
<i>Bibliography</i>	261
<i>Index</i>	285