

■原注

はじめに

1. たとえば、ギャラップの調査によるとアメリカの従業員のうち、仕事に集中しているのはわずか29%で、「従業員の学歴が高くなるほど、集中度は低い傾向にある」という。世界的に見ても集中していると答えるのはわずか13%だ。Gallup (2013) *State of the American Workplace*. (<http://www.gallup.com/services/176735/state-global-workplace.aspx> から無料でダウンロード可能)。全国産業審議会によると「8年連続して、アメリカの従業員の半分以下が仕事に満足してつなぐ」という。Cheng, B., Kan, M., Levanon, G., & Ray, R.L. (2014). *Job Satisfaction Survey: The Conference Board*

科学の基本

1. Milgram, S. (1963). Behavioral study of obedience. *Journal of Abnormal and Social Psychology*, 67 (4), 371–378.
2. Kahneman, D., & Tversky, A. (1979). Prospect theory: An analysis of decision under risk. *Econometrica*, 47 (2), 263–291.

第1部 優先順位

1 ……フィルターを選ぶ

1. Chabris, C., & Simons, D. (2010). *The Invisible Gorilla: And Other Ways Our Intuitions Deceive Us*. New York: Crown. (邦訳『錯覚の科学』木村博江訳、文藝春秋、2009)
2. Drew, T., Vö, M.L.H., & Wolfe, J.M. (2013). The invisible gorilla strikes again: Sustained inattention blindness in expert observers. *Psychological Science*, 24 (9), 1848–1853.
3. Radell, R., & Clement-Guillotin, C. (2012). Evidence of motivational influences in early visual perception: Hunger

modulates conscious access. *Psychological Science*, 23 (3), 232–234.

- 4^{*} Forgas, J.P., & Bower, G.H. (1987). Mood effects on person-perception judgments. *Journal of Personality and Social Psychology*, 53 (1), 53–60.

- 5^{*} Riener, C.R., Stefanucci, J.K., Proffitt, D.R., & Clore, G. (2011). An effect of mood on the perception of geographical slant. *Cognition & Emotion*, 25 (1), 174–182.

- 9^{*} Hansen, T., Olkkonen, M., Walter, S., & Gegenfurtner, K.R. (2006). Memory modulates color appearance. *Nature Neuroscience*, 9 (11), 1367–1368.

- 7^{*} 以下のエッセイは「オースター・シュミットの短編」“The Claustrophile.”に登場する。この作品は次を参照されたい。“The Claustrophile,” which can be found in: Sturgeon, T. (2013). And Now the News... Volume IX: *The Complete Stories of Theodore Sturgeon*. London: Hachette UK.

2.....この目標を設定する

- 1^{*} Locke, E.A., & Latham, G.P. (2002). Building a practically useful theory of goal setting and task motivation: A 35-year odyssey. *American Psychologist*, 57 (9), 705–717.

- 2^{*} Elliot, A.J., & Church, M.A. (1997). A hierarchical model of approach and avoidance achievement motivation. *Journal of Personality and Social Psychology*, 72 (1), 218–232.

- 3^{*} Deci, E.L., & Ryan, R.M. (2000). The “what” and “why” of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11 (4), 227–268.

- 4^{*} 外発的な目標は外側前頭前皮質で処理され、内発的な目標は内側前頭前皮質で処理される。Berkman, E., & Lieberman, M.D. (2009). The neuroscience of goal pursuit: Bridging gaps between theory and data. In G. Moskowitz & H. Grant (Eds.), *The Psychology of Goals* (pp. 98–126). New York: Guilford Press.

- 5^{*} ピーター・ゴルウーザーは実行意図に関する研究の多くを行っており、これは “when-thens” という言葉で知られている。主要な文献は次を参照されたい。Gollwitzer, P.M., & Brandstätter, V. (1997). Implementation intentions and effective goal pursuit. *Journal of Personality and Social Psychology*, 73 (1), 186–199. Also: Vallacher, R.R., & Wegner, D.M. (1987).

What do people think they're doing? Action identification and human behavior. *Psychological Review*, 94 (1), 3-15; Trope, Y., & Liberman, N. (2003). Temporal construal. *Psychological Review*, 110 (3), 403-421.

9 Grant Halvorson, H. (2014). Get your team to do what it says it's going to do. *Harvard Business Review*, May.

3.....目的を強化する

1 Collins, J. (2001). *Good to Great: Why Some Companies Make the Leap — and Others Don't*. New York: HarperBusiness. (邦訳『シグニナリー・カンパニー——飛躍の法則』山岡洋一訳、日経BP、2007)

2 Oettingen, G. (2014). *Rethinking Positive Thinking: Inside the New Science of Motivation*. New York: Penguin Random House. (邦訳『成功するにはポジティブ思考を捨つな——願望を実行計画に変える WOOP の法則』大田直子訳、講談社、2015)

3 Collins, A., & Loftus, E. (1975). A spreading-activation theory of semantic processing. *Psychological Review*, 82 (6), 407-428.

4 つれば くづ則として、知られている。原典は次を参照せたい：Hebb, D.O. (1949). *The Organization of Behavior*. New York: Wiley & Sons. (邦訳『行動の機構上・下巻』鹿取廣人、金城辰夫、鈴木光太郎、鳥居修晃、渡邊正孝訳、岩波書店、2007)

5 Kay, A.C., Wheeler, S.C., Bargh, J.A., & Ross, L. (2004). Material priming: The influence of mundane physical objects on situational construal and competitive behavioral choice. *Organizational Behavior and Human Decision Processes*, 95 (1), 83-96.

6 Aarts, H., & Dijksterhuis, A. (2003). The silence of the library: Environment, situational norm, and social behavior. *Journal of Personality and Social Psychology*, 84 (1), 18-28.

7 Adam, H., & Galinsky, A.D. (2012). Enclotted cognition. *Journal of Experimental Social Psychology*, 48 (4), 918-925.

8 外や緑が多い場所へ軽々散歩すると気持ちの上でリフレッシュする。Berman, M.G., Jonides, J., & Kaplan, S. (2008). The cognitive benefits of interacting with nature. *Psychological Science*, 19 (12), 1207-1212. Opezzo, M., & Schwartz, D. L. (2014). Give your ideas some legs: The positive effect of walking on creative thinking. *Journal of Experimental*

Psychology: *Learning, Memory, and Cognition*, 40 (4), 1142-1152.

9. Kosslyn, S.M. (2005). Mental images and the brain. *Cognitive Neuropsychology*, 22 (3-4), 333-347.

10. Pascual-Leone, A., Nguyet, D., Cohen, L.G., Brasil-Neto, J.P., Cammarota, A., & Hallett, M. (1995). Modulation of muscle responses evoked by transcranial magnetic stimulation during the acquisition of new fine motor skills. *Journal of Neurophysiology*, 74 (3), 1037-1045.

第2部 生産性

4..... シングルタスクを続ける

1. Schor, J. (2003). The (even more) overworked American. In J. De Graaf (Ed.), *Take Back Your Time: Fighting Overwork and Time Poverty in America* (p. 7). San Francisco: Berrett-Koehler.

2. たとえば、ホワイトホール研究では、長時間労働(週40時間以上)と言語テストと論理思考テストの低い点との大きな関係があることがわかった。Virtanen, M., et al. (2009). Long working hours and cognitive function: The Whitehall II Study. *American Journal of Epidemiology*, 169 (5), 596-605. またOJCDの1990年から2012年における国平均の生産性と労働時間におけるネガティブな関係についてのデータを抽出する <http://stats.oecd.org/Index.aspx?DataSetCode=LEVEL#>.

3. Dux, P.E., Ivanoff, J., Asplund, C.L., & Marois, R. (2006). Isolation of a central bottleneck of information processing with time-resolved fMRI. *Neuron*, 52 (6), 1109-1120. 事実、他の研究者たちも中断時間が長くなると間違いの割合も増加するところ。集中している際に2秒の中断が入ると間違いの割合は2倍になり、4秒の中断が入ると割合は3倍になる。Altmann, E.M., Traflet, J.G., & Hambrick, D.Z. (2014). Momentary interruptions can derail the train of thought. *Journal of Experimental Psychology: General*, 143 (1), 215-226.

4. Speier, C., Valacich, J.S., & Vessey, I. (1999). The influence of task interruption on individual decision making: An information overload perspective. *Decision Sciences*, 30 (2), 337-360.

5. Iqbal, S.T., & Horvitz, E. (2007). Disruption and recovery of computing tasks: Field study, analysis, and directions.

Paper presented at the Proceedings of the SIGCHI Conference on Human Factors in Computing Systems, San Jose, California.

⁹ Tombu, M.N., Asplund, C.L., Dux, P.E., Godwin, D., Martin, J.W., & Marois, R. (2011). A unified attentional bottleneck in the human brain. *Proceedings of the National Academy of Sciences*, 108 (33), 13426–13431.

⁷ Bailey, B.P., & Konstan, J.A. (2006). On the need for attention-aware systems: Measuring effects of interruption on task performance, error rate, and affective state. *Computers in Human Behavior*, 22 (4), 685–708.

⁸ 日々の生活で「深刻な」とは「怪我人が出た事故をさす」。18%は「運転手の気が散っていたことが原因だ」。Traffic Safety Facts — Research Note (Summary of Statistical Findings) (2014). DOT HS 812 012. Washington, DC: U.S. Department of Transportation. Retrieved from <http://www.nrd.nhtsa.dot.gov/Pubs/812012.pdf>.

⁶ Ophir, E., Nass, C., & Wagner, A.D. (2009). Cognitive control in media multitaskers. *Proceedings of the National Academy of Sciences*, 106 (37), 15583–15587.

¹⁰ Sanbonmatsu, D.M., Strayer, D.L., Medeiros-Ward, N., & Watson, J.M. (2013). Who multi-tasks and why? Multi-tasking ability, perceived multi-tasking ability, impulsivity, and sensation seeking. *PLoS ONE*, 8 (1), e54402.

¹¹ 典型的な「時刻」のブレイクは「朝型にも夜型にもあつはあつなう」。次を参照せよ。Gunja, B.C., Barnes, C.M., & Sah, S. (2014). The morality of larks and owls: Unethical behavior depends on chronotype as well as time of day. *Psychological Science*, 25 (12), 2272–2274. 人びとは朝のほうが道徳的だという広く流布している考え方に応えよう。確かに朝方の人間はそうであったが「夜型の人間はその反対ということがわかった」。

5……………休憩時間を設定する

¹ Danziger, S., Levay, J., & Avnaim-Pesso, L. (2011). Extraneous factors in judicial decisions. *Proceedings of the National Academy of Sciences*, 108 (17), 6889–6892.

² Baumeister, R., & Tierney, J. (2011). *Willpower: Rediscovering the Greatest Human Strength*. New York: Penguin. (邦訳『WILLPOWER 意思力の科学』渡会圭子訳「インターミンル」2007)

³ Dai, H., Milkman, K.L., Hofmann, D.A., & Staats, B.R. (2014). The impact of time at work and time off from work on

rule compliance: The case of hand hygiene in health care. *Journal of Applied Psychology*.

4. 食べ物は、次の仕事に取りかかる際に私たちが持つ力をリフレッシュしてくれる大切な働きをする。ただし、その正確な理由については反対意見もある。大多数の意見は脳が血糖を必要とするからだとしている。次を参照されたい。Baumeister, R., & Tierney, J. (2011). *Willpower: Rediscovering the Greatest Human Strength*. New York: Penguin. (邦訳前掲)。空腹は脳の思慮深いシステムの排水管だからだ、という説もある。自制心も使って対応せざるをえない不快な邪魔となるからだ。: Kohn, D. (2014). Sugar on the brain. *New Yorker*, May 6. ただし結論は同じだ。脳に栄養を補給しなくてはならぬ。やむを得ずとライラに気が散ることも。

5. Raichle, M.E. (2010). The brain's dark energy. *Scientific American*, 302, 28–33. 同じような考え方をとらあづかるやうに学術的な論文にいうのは次を参照されたい。Raichle, M.E. (2010). Two views of brain function. *Trends in Cognitive Sciences*, 14 (4), 180–190.

9. Sami, S., Robertson, E.M., & Miall, R.C. (2014). The time course of task-specific memory consolidation effects in resting state networks. *Journal of Neuroscience*, 34 (11), 3982–3992.

7. Di Stefano, G., Gino, F., Pisano, G., & Staats, B. (2014). Learning by thinking: How reflection aids performance. Harvard Business School Working Paper, No. 14-093, March 2014.

8. 2015年3月5日に行われた「シヤシカ・イベント」の電話インタビューによる。

9. Ericsson, K.A., et al. (1993). The role of deliberate practice in the acquisition of expert performance. *Psychological Review*, 100 (3), 363–406.

10. Tuominen, S., & Pohjakallio, P. (2013). The Workbook: Redesigning Nine to Five. Available from <http://www.925design.fi>.

6.....仕事量が限界を超えたとき

1. Kahneman, D., & Tversky, A. (1979). Intuitive prediction: Biases and corrective procedures. *TIMS Studies in Management Science*, 12, 313–327.

2. Masicampo, E.J., & Baumeister, R.F. (2011). Consider it done! Plan making can eliminate the cognitive effects of

unfulfilled goals. *Journal of Personality and Social Psychology*, 101 (4), 667–683.

3. <http://lifehacker.com/5458741/productivity-in-11-words> 元々のツイッターアカウントは休止状態となっている
4. 『比較優位』が「一番得意なこと、もしくは「一番得意な分野」とされているのはよくあることだ（有名な刊行物であっても）。これは間違いだ。『絶対的な優位性』を指しているにすぎず、数多くのことが得意なのであれば、優先順位づけにはあまり意味はない。他の人との間で、能力に一番差があるものに対して、あなたは比較優位を持っている。経済学の基礎の教科書であればこれをきちんと説明したものが載っている。だが、そのオリジナルは次を参照されたい。Ricardo, D. (1817). *On the Principles of Political Economy and Taxation*. London: John Murray.
5. Lewis, M. (2012). Obama's way. *Vanity Fair*.

7.....先延ばしの癖を克服する

1. Akerlof, G.A. (1991). Procrastination and obedience. *American Economic Review*, 81 (2), 1–19.
2. Ernsner-Hersfield, H., Garton, M.T., Ballard, K., Samanez-Larkin, G.R., & Knutson, B. (2009). Don't stop thinking about tomorrow: Individual differences in future self-continuity account for saving. *Judgment and Decision Making*, 4 (4), 280–286.
3. Crockett, M.J., Braams, B.R., Clark, L., Tobler, P.N., Robbins, T.W., & Kalenscher, T. (2013). Restricting temptations: Neural mechanisms of precommitment. *Neuron*, 79 (2), 391–401. 研究者が利用した「誘惑」は「先延ばしによる静かなスリルではなくエロチックな写真だが、メカニズムは同じだ。

第3部 人間関係

8.....本当の信頼関係を築く

1. たうえび Helliwell, J.F., Layard, R., & Sachs, J. (2013). *World Happiness Report 2013*. New York: UN Sustainable Development Solutions Network. 報告書は「頼りになる人がいる、この影響を示す研究を手短に述べている」。

2. 脳の社会性について詳細についてはネット・リバーマンの本を参照。Lieberman, M. (2013). *Social: Why Our Brains Are Wired to Connect*. New York: Crown Archetype. (邦訳『21世紀の脳科学——人生を豊かにする脳の「脳力」』江口康子訳、講談社、2015)
3. Tamir, D.I., & Mitchell, J.P. (2012). Disclosing information about the self is intrinsically rewarding. *Proceedings of the National Academy of Sciences USA*, 109 (21), 8038–8043.
4. “Tell me more: The art of listening,” in Ueland, B. (1992). *Strength to Your Sword Arm: Collected Writings of Brenda Ueland*. Duluth, MN: Holy Cow! Press.
5. 内集団や外集団の一員に対する共感の表し方の概要は以下を参照。Cikara, M., Bruneau, E., Van Baeyel, J.J., & Saxe, R. (2014). Their pain gives us pleasure: How intergroup dynamics shape empathic failures and counter-empathic responses. *Journal of Experimental Social Psychology*, 55, 110–125.
6. Mitchell, J.P., Macrae, C.N., & Banaji, M.R. (2006). Dissociable medial prefrontal contributions to judgments of similar and dissimilar others. *Neuron*, 50 (4), 655–663.
7. Rivera, L.A. (2012). Hiring as cultural matching: The case of elite professional service firms. *American Sociological Review*, 77 (6), 999–1022.
8. Rather, K.G., & Amodio, D.M. (2013). Seeing “us vs. them”: Minimal group effects on the neural encoding of faces. *Journal of Experimental Social Psychology*, 49 (2), 298–301.
9. Valdesolo, P., & DeSteno, D. (2011). Synchrony and the social tuning of compassion. *Emotion*, 11 (2), 262–266.
10. Martin, L.J., et al. (2015). Reducing social stress elicits emotional contagion of pain in mouse and human strangers. *Current Biology*, 25 (3), 326–332.
11. van Baaren, R.B., Holland, R.W., Steenaert, B., & van Knippenberg, A. (2003). Mimicry for money: Behavioral consequences of imitation. *Journal of Experimental Social Psychology*, 39 (4), 393–398.
12. Axelrod, R., & Hamilton, W. (1981). The evolution of cooperation. *Science*, 211 (4489), 1390–1396.
13. 囚人のジレンマや囚人のジレンマの脳については以下を参照。Rilling, J.K., Sanfey, A.G., Aronson, J.A., Nystrom, L.E., & Cohen, J.D. (2004). Opposing BOLD responses to reciprocated and unreciprocated altruism in putative reward pathways. *Neuroreport*, 15 (16), 2539–2543. 協力や競争が求められる他のゲームについては以下を参照。Decety, J., et

- al. (2004). The neural bases of cooperation and competition: An fMRI investigation. *NeuroImage*, 23 (2), 744–751.
14. Aron, A., Melinat, E., Aron, E.N., Vallone, R.D., & Bator, R.J. (1997). The experimental generation of interpersonal closeness: A procedure and some preliminary findings. *Personality and Social Psychology Bulletin*, 23 (4), 363–377.
15. Przybylski, A.K., & Weinstein, N. (2013). Can you connect with me now? How the presence of mobile communication technology influences face-to-face conversation quality. *Journal of Social and Personal Relationships*, 30 (3), 323–3246.

9…………緊張状態を解消する

1. Rapoport, A. (1960). *Fights, Games, and Debates*. Ann Arbor: University of Michigan Press.
2. あのちがいにあった伝染が起るのかわつた。神経科学者の間でも激しい議論が交わされており、まだ明らかになつてゐない。「ミラーニューロン」が原因だと信じる人もあれば、ミラーニューロンは「人の脳において、まだ直接は観察されてゐないことを指摘する人もいる。だが結果については議論の余地がない。人がひどく雰囲気の良い部屋に入ると何も話しかけられなくても、憂鬱な気分になることを、わたしたちは知つてゐる。」
3. Friedman, R., et al. (2010). Motivational synchronicity: Priming motivational orientations with observations of others' behaviors. *Motivation and Emotion*, 34 (1), 34–38.
4. Buchanan, T.W., White, C.N., Kraleman, M., & Preston, S.D. (2012). The contagion of physiological stress: Causes and consequences. *European Journal of Psychotraumatology*, 3.
5. Wild, B., et al. (2001). Are emotions contagious? Evoked emotions while viewing emotionally expressive faces: Quality, quantity, time course and gender differences. *Psychiatry Research*, 102 (2), 109–24.
6. Ross, L.D., Amabile, T.M., & Steinmetz, J.L. (1977). Social roles, social control, and biases in social-perception processes. *Journal of Personality and Social Psychology*, 35 (7), 485–494. 併せて参照。Gilbert, D.T., & Malone, P.S. (1995). The correspondence bias. *Psychological Bulletin*, 117 (1), 21–38.
7. Gilbert, D.T., Pelham, B.W., & Krull, D.S. (1988). On cognitive busyness: When person perceivers meet persons perceived. *Journal of Personality and Social Psychology*, 54 (5), 733–740.

- 8^{*} Ross, L.D., Amabile, T.M., & Steinmetz, J.L. (1977). Social roles, social control, and biases in social-perception processes. *Journal of Personality and Social Psychology*, 35 (7), 485-494.
- 9^{*} Izuma, K., Saito, D.N., & Sadato, N. (2008). Processing of social and monetary rewards in the human striatum. *Neuron*, 58 (2), 284-294.
- 10^{*} Goldin, P.R., McRae, K., Ramel, W., & Gross, J.J. (2008). The neural bases of emotion regulation: Reappraisal and suppression of negative emotion. *Biological Psychiatry*, 63 (6), 577-586.

10.....相手の力を最大限に引き出す

- 1^{*} 相手のために、効果的に考える機会を作り出す方法を知らに知りたい場合は、ナニシロー・クラインの著書を参照。
Kline, N. (1999). *Time to Think: Listening to Ignite the Human Mind*. London: Octopus.
- 2^{*} Deci, E.L., & Ryan, R.M. (2000). The “what” and “why” of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11 (4), 227-268. (邦訳『心の「聞く技術」で道は開ける——1番うまい考えを引き出すノウハウ』古賀祥子訳、心理研究所、2007)
- 3^{*} Williams, G.C., Gagne, M., Ryan, R.M., & Deci, E.L. (2002). Facilitating autonomous motivation for smoking cessation. *Health Psychology*, 21 (1), 40-50.
- 4^{*} Baumeister, R.F., Bratslavsky, E., Finkenauer, C., & Vohs, K.D. (2001). Bad is stronger than good. *Review of General Psychology*, 5 (4), 323-370.
- 5^{*} Camerer, C.F., & Thaler, R.H. (1995). Anomalies: Ultimatums, dictators and manners. *Journal of Economic Perspectives*, 9 (2), 209-219.
- 6^{*} Tabibnia, G., et al. (2008). The sunny side of fairness: Preference for fairness activates reward circuitry (and disregarding unfairness activates self-control circuitry). *Psychological Science*, 19 (4), 339-347. 脳や公平や不平等や方法についての一般的な議論について、知らに知っていた場合などや参照。Rilling, J.K., & A.G. Sanfey (2011). The neuroscience of social decision-making. *Annual Review of Psychology*, 62, 23-48.

11.....インサイトにたどり着く

1. この点に関しては、認知心理学には長年の研究の蓄積がある。各前の由来となった重要な論文を下記する。Luchins, A.S. (1942). Mechanization in problem solving: The effect of Einstellung. *Psychological Monographs*, 54 (6).
2. Senay, I., Albarracín, D., & Noguchi, K. (2010). Motivating goal-directed behavior through introspective self-talk: The role of the interrogative form of simple future tense. *Psychological Science*, 21 (4), 499–504.
3. たゞんは次を参照。Burnkrant, R.E., & Howard, D.J. (1984). Effects of the use of introductory rhetorical questions versus statements on information processing. *Journal of Personality and Social Psychology*, 47 (6), 1218–1230.
4. Creswell, J.D., et al. (2012). Mindfulness-based stress reduction training reduces loneliness and pro-inflammatory gene expression in older adults: A small randomized controlled trial. *Brain, Behavior, and Immunity*, 26 (7), 1095–1101.
5. Bos, M.W., Dijksterhuis, A., & van Baaren, R.B. (2008). On the goal-dependency of unconscious thought. *Journal of Experimental Social Psychology*, 44 (4), 1114–1120; Zhong, C.B., Dijksterhuis, A., & Galinsky, A.D. (2008). The merits of unconscious thought in creativity. *Psychological Science*, 19 (9), 912–918.
6. Abadie, M., Waroquier, L., & Terrier, P. (2013). Gist memory in the unconscious-thought effect. *Psychological Science*, 24 (7), 1253–1259.
7. Mueller, P.A., & Oppenheimer, D.M. (2014). The pen is mightier than the keyboard: Advantages of longhand over laptop note taking. *Psychological Science*, 25 (6), 1159–1168.

12.....賢明な判断をくだす

1. Kahn, D.M., Braman, D., Cohen, G.L., Gastil, J., & Slovic, P. (2010). Who fears the HPV vaccine, who doesn't, and why? An experimental study of the mechanisms of cultural cognition. *Law and Human Behavior*, 34 (6), 501-516. For similar results: Nyhan, B., & Reifler, J. (2010). When corrections fail: The persistence of political misperceptions. *Political Behavior*, 32 (2), 303–330.

- 2^o Buffett, W., & Loomis, C. (2001). Warren Buffett on the stock market. *Fortune*, December 10. 本ヤリ参照。Zweig, J. (2013). Lesson from Buffett: Doubt yourself. *Wall Street Journal*, May 5.
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「心理学者のいうと、この世のことはみな考える理由が議論の的になった。ゆえに、それとそれとを違反行為を見つけて、それが得意なのか、それなら、または、社会的になじみのある状況設定なら、その情報に関連があるのかを見出しやすくなったのかも。それなら、高度に発達した社会的知性から生みだされる力である。」
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