

tremendous hardship. There was suffering and death all around

Where does inspiration itself come from? Ochse argues that the immediate source is the increased random associations occurring during primary process thinking, when attention is defocused because of lowered arousal levels—the “bed-bath-bus syndrome” that so well describes the typical locations for inspiration of any sort (and this review’s first paragraph arose unbidden while I was dozing on a flight from Toronto to London). But, Ochse argues, the moment of inspiration is not when the real intellectual work actually occurs; it is merely its final emergence. The real work occurred

inspiration manifests phenomenologically as unbidden and incomprehensible to its very begetter.

This ambitious, interesting, and well written book will interest anyone who wishes to understand human creativity, artistic or scientific. It attempts no less than a cognitive psychology of the highest intellectual achievements of mankind; perhaps even a psychology of the muses themselves.

1 Terman LM, Oden MH. *The gifted child grows up: twenty-five years' follow-up of the superior child.* Stanford: Stanford University Press, 1959. (Vol 4 of Terman LM. *Genetic studies of genius.*)