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Cognition-in-action: For experts, when all is going well, optimal or near optimal performance frequently employs some of the following conscious mental processes: self-reflective thinking, planning, predicting, deliberation, attention to or monitoring of their actions, conceptualizing their actions, control, trying, effort, having a sense of the self, and acting for a reason. Moreover, such mental processes do not necessarily or even generally interfere with expert performance, and should ...

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