

Talking With Your Hands Makes You Learn Things Faster

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New York Magazine:

One of the funniest things about being a tall, goofy person with a long history of wild gesticulation is that the more animated a conversation gets, the more likely I am to knock over a glass of red wine at a dinner table or accidentally wallop a stranger on the subway. Beyond being a real hit on dates or interviews, it's an embarrassing piece of the growing pile of evidence that gestures are cognitive, an idea with an impressive amount of psychological literature behind it.

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The University of Chicago psychologist Susan Goldin-Meadow has spent much of her career trying to grasp (yes, pun intended) what's happening when people talk with their hands. As Goldin-Meadow defines it, "co-speech gesture" is different from action, like grabbing a cup of coffee or combing your hair, and it's different from movement for movement's sake, like in dance, ritual, or exercise.

Read the whole story: [*New York Magazine*](#)