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Nota di contenuto	Preliminary Material / Alison Williams , Derek Jones and Judy Robertson -- Editorial Introduction / Alison Williams , Derek Jones and Judy Robertson -- Working Solo / Alison Williams , Derek Jones and Judy Robertson -- Prepare your mind / Derek Jones -- Hack your head / Judy Robertson -- Let your mind wander / Ema Findley and Judy Robertson -- Defocus your thinking / Derek Jones -- Instant willpower / Diana Bental -- Think with your hands / Derek Jones and Pawel Orzechowski -- Constraint as a seed for creativity / Pawel Orzechowski and Derek Jones -- Automatic writing / Sapna Ramnani -- Get into the flow / Alison Williams -- Keep loving your thesis (even when it hates you) / Inger Mewburn -- My work is not me / Alison Williams -- How to love several projects at once / Judy Robertson -- It's ok to have a stationery fetish / Derek Jones -- Just describe / Anitra Nottingham -- Relieving attention fatigue / Richard Coyne , Jenny Roe , Peter Aspinall and Panos Mavros -- What to listen to while you work / Judy Robertson -- Roll the dice / Debbie Maxwell -- Working in a shared environment / Alison Williams and Judy Robertson -- Digital scholarship – start here / Derek Jones -- Creating sensory-sensitive spaces / Alison Williams and Peter Barrett -- The creative footprint / Alison Williams -- Working with others / Alison Williams , Derek Jones and Judy Robertson -- Share what you made / Diana Bental -- Broadcast your ideas / Derek Jones -- Sharing food / Marian Dörk and Diana Bental -- Nurturing your PhD students / Judy Robertson -- How to make your team hate each other

and you / Judy Robertson -- Research group as extended family / Negin Moghim -- Death by form filling / Judy Robertson -- Tina says: 'Push!' / Alison Williams -- Yes we can – sometimes / Anita McKeown -- Can-do space / Dorothy Hardy -- Oh, I thought you meant / Alison Williams -- Creativity crush / Derek Jones -- Serendipity on the back of a napkin / Andrew MacVean -- 'How might we...' space / Eiroa Meredith Bostwick-Lorenzo and Derek Jones -- Popup whitespace hubs / George Buchanan and Meredith Bostwick-Lorenzo Eiroa -- Sweet spot / Jeanne Narum -- Visualising the problem / Alison Williams -- Just breathe / Nicole Lotz and Derek Jones -- Research interest visualisation / Marian Dörk -- Version control: managing collaboration on academic documents / Judy Robertson -- Creative spaces for interdisciplinary research / Bruce M. Mackh -- Idea room / Meredith Bostwick-Lorenzo Eiroa -- The alternative academic / Inger Mewburn -- The importance of social structure spaces / Evgenij Belikov -- How-what space / Mike Fraser -- Serendipity in practice / Mel Woods -- Working environments / Alison Williams , Derek Jones and Judy Robertson -- Smart working with smartphones / Nick Pearce -- Tidy your desktop / Derek Jones -- High-end technology lab / Simon Biggs -- Lowbrow powwow / George Buchanan -- Intimacy / Anita McKeown -- Don't panic! / Serkan .

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### Sommario/riassunto

FREELY AVAILABLE ONLINE AS OPEN ACCESS BOOK! BITE: Recipes for remarkable research is an edited field book capturing the research, learning and experiences of an international network of scholars studying effective and creative research environments. The book encapsulates what it is that enables remarkable research, and offers, as Professor Lizbeth Goodman says, "practical, evidence-based instantiations of ideas and innovations" as well as theoretical knowledge. It is set out as a recipe book, with supporting academic papers and case studies. The recipes present research and advice from a wide range of subject areas in an instantly recognisable format. Each recipe enables the reader to take practical steps to understand and develop their own research at all levels, from personal solo work and group collaborations, to an institutional and architectural dimension. Whether you are a PhD student, early career researcher, professor or decision-maker, these recipes, case studies and papers invite you to consider research habits, approaches and environments in interesting and different ways.

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