Jonathan Rowson fulfilled the requirements for the chess Grandmaster title in 1999, a few weeks after gaining a first class degree in Politics, Philosophy and Economics at Oxford University. In the following three years he travelled extensively, representing Scotland as a professional player and wrote a bestseller: 'The Seven Deadly Chess Sins', which argues that most chess mistakes can be attributed to a lack of self-knowledge. Jonathan's research for this book led to an interest in cognitive science, and subsequently to The 'Mind, Brain and Education' programme at Harvard University, where his final project on cognitive load was supervised by Howard Gardner. He is now an ESRC funded doctoral student at Bristol, examining what 'becoming wiser' might involve, supervised by Guy Claxton. Jonathan continues to play chess semi-professionally and has won the British Championship in 2004, 2005 and 2006. His most recent book, 'Chess for Zebras' examines how adult players can improve their habits of mind.