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# 私の My favorite books 本棚



## ● Books by Yukio Mishima

When she was a child, a mobile library (a small bus with bookshelves installed inside) would visit her neighborhood, and she enjoyed borrowing books that caught her attention up to the maximum number permitted. Even today, she instinctively chooses books to read at random, and she gives the books to someone else when she's finished with them. She mentions Mishima's books here just because she happened to have one at hand, but she likes Mishima's writing style.

## ● Imagine like an Amateur, Execute like an Expert

She picked up this book for no special reason while she was a graduate student, but even today in her research activities, her stance is the same as that of the title of this book. In the field of human factors, there are many research themes that require being in close contact with the actions of living people in their actual daily lives and workplace, and in this sense, it is better if ideas are easier to understand. On the other hand, as there are in general no theoretical techniques in this field, the challenge is to rationally apply knowledge and techniques from other fields such as computer science, statistics, psychology, and physiology according to the theme. Often, it is necessary to deal with knowledge and techniques of these other fields with specialized techniques for the issue at hand with the intuition to read data. She also frequently quotes the title of this book to encourage her students. Another thing she regularly says to her students is "never put off till tomorrow what can be done today."

## ● Human factor

This is an old book, originally written in 1987, but even today, she finds "Human factor" enjoyable and reads through the book. It goes without saying that aviation safety today is extremely high, but this is not only because of the advancements in aircraft systems. It is also because of developments in human factors that underpin this, including the pilots and flight attendants, air traffic controllers, and other ground staff. This book is a reminder of this fact.

## ● Pensées by Pascal

This is the most important book in her life. As you know, Pascal was a mathematician and physicist known for conceiving Pascal's theorem, but at the same time, he was a philosopher and theologian who deeply examined the essence of the existence of "human beings." A well-known phrase in *Pensées* is "man is a thinking reed," but her favorite part of the book is the phrase that just precedes this: "Man is only a reed, the weakest in nature." Human factors research often seeks to understand humans using powerful scientific and technological tools, but on the other hand, the fact that humans are unstable entities swaying from side to side in nature and thus cannot be essentialized and explained through the principle of causality is also kept in mind.

This is why she wants to see and hear actual situations of people working to make daily life and work life better, including their instabilities, on site, and carry out research that will help them by providing them with a means to overcome the actual issues they experience, and take a step forward.

Furthermore, although she herself is a weak person who is inclined to be tilted by strong winds or swept away by large waves, she wishes to work with confidence while getting to know this aspect of herself better. This is an important book that teaches such lessons and gives her hope.

## ● The design of everyday things

She came across this book at the Hiyoshi Library while she was taking a human factors course as an undergraduate student. Read this book to understand well why the field of human factors deals with both of the seemingly different topics of product design and industrial safety. There are mixed reviews on Norman's interpretations, but this book is a good entry point for those interested in this field.