Solving a problem with minimum steps (or, shortest program to solve a problem).

A restricted problem

Rules: If n is even, n/2 (one step)
If n is odd, either +1 or -1 (one step)

Question: When n = 23, use the minimum # of steps to get 1.
What is your answer?
"I can't find an efficient algorithm, but neither can all these famous people."

That's really a reduction.