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The 25 Cognitive Biases:Discover The Secrets Behind Decision Making And Rational Thinking (Psychology,Rational Thinking,Life Hack,Brain Training)

Jonathan O'Brien Foster

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We can’t change the world. The only thing we can change is ourselves, by trying to get a better understanding of our own messed-up wiring.” – Guy Spier

In order to cope with information overload, we humans have developed a few simple “rules of thumb” called “heuristics” which allow us to make decisions. Decision making heuristics are sometimes beneficial for us and sometimes not. For example catching a fly ball in a baseball games involves a heuristic which works very well. Really skillful people who know their limitations well can sometimes use heuristics to their advantage.Sometimes heuristics are good for making decisions, while at other times heuristics are bad for making decisions. But why is this? Well you see heuristics act faster than rational deliberation, but it is precisely because of their speed, heuristics can mislead us into systematic errors in making decisions.
This book will help you take a closer look into yourself and your own rational thinking patterns, so that you can make the right decisions when it counts..

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