

The Misguided Mind: Correct Everyday Thinking Errors, Be Less Irrational, and Improve Your Decision Making (Paperback)



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Reviews

This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It has been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, altered the way I believe.

(Prof. Loyce Runolfsson Jr.)

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Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Does your impulsive thinking bring only trouble? Do you often grab your head muttering what was I thinking? There is a reason: our first, instinctual thoughts and actions are usually irrational and self-sabotaging. The Misguided Mind will tell you why and also how can you correct it. We make thinking errors on a day-to-day basis. They come naturally, thus we don't think that we think in a distorted way, however they can have severe negative effect on our lives. Knowing what they are and how to identify them, we can help ourselves making better choices. In what area of life? All of them: personal relationships, business choices, spending habits, health-related engagements. Our minds don't work the way we think they do. The book presents the scientific background of thinking errors related to behavior, social relations, and memory through the most famous psychology experiments, behavioral economics research, neuropsychology, and the author's own observations. What remains is an entertaining but practical and informative guide to clear your mind. Become less irrational. This book aims to help you think about your thinking and find better solutions to your problems. --Why are first impressions so powerful and permanent? --Why do we rely on the first thought that pops into our mind? -How can certain advertisements make us open our wallet immediately? --How and why does our memory fool us on a daily basis? Again and again, we think we experience and understand the world as it is, but our thoughts are beset by everyday illusions. The Misguided Mind reveals the many ways our intuition can deceive us, why we succumb to these everyday brain tricks and what we can do to inoculate ourselves...



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