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The Optimism Bias: Why We're Wired to Look on the Bright Side

By Tali Sharot

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Optimism Bias: Why We're Wired to Look on the Bright Side, Tali Sharot, Psychologists have long been aware that most people tend to maintain an irrationally positive outlook on life. In fact, optimism may be crucial to our existence. Tali Sharot's original cognitive research demonstrates in surprising ways the biological basis for optimism. In this fascinating exploration, she takes an in-depth, clarifying look at how the brain generates hope and what happens when it fails; how the brains of optimists and pessimists differ; why we are terrible at predicting what will make us happy; how anticipation and dread affect us; and how our optimistic illusions affect our financial, professional, and emotional decisions. With its cutting-edge science and its wide-ranging and accessible narrative, The Optimism Bias provides us with startling new insight into how the workings of the brain create our hopes and dreams.



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