

While You Might Think You Are Consciously Thinking, Your Brain Thinks What It Wants.

While we might think that we think that our brain thinks what we want it to, it uses familiar thought patterns to manoeuvre us into thinking traps with alarming reliability. We can only learn to think better if we know how the autopilot in our mind works and if we get to know these thinking traps. There are only three things we can do: learn how this autopilot works, familiarise ourselves with known thinking traps and use the right tools for thinking. This book helps us to do all three – in an evidence-based, fun and entertaining way, An exciting non-fiction book for brain training, full of examples and tools for better thinking: science applied to the way we think every day.

Our brain is lazy. It has a preference for routines and an aversion to hard work. To put it more nicely: our brain is energy efficient. It only gets going when things are important and we urge it to switch to a conscious mode of thinking. Therefore, we run the risk that our brain too often runs in autopilot mode and that we fall into thinking traps or false conclusions. The solution: to know the common thinking traps and raise your awareness of them.

The book names and describes 22 classic thinking traps and how to avoid them.

- Latest research and thinking tools
- Numerous brainteasers and funny examples

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Foreword by Gregor Staub
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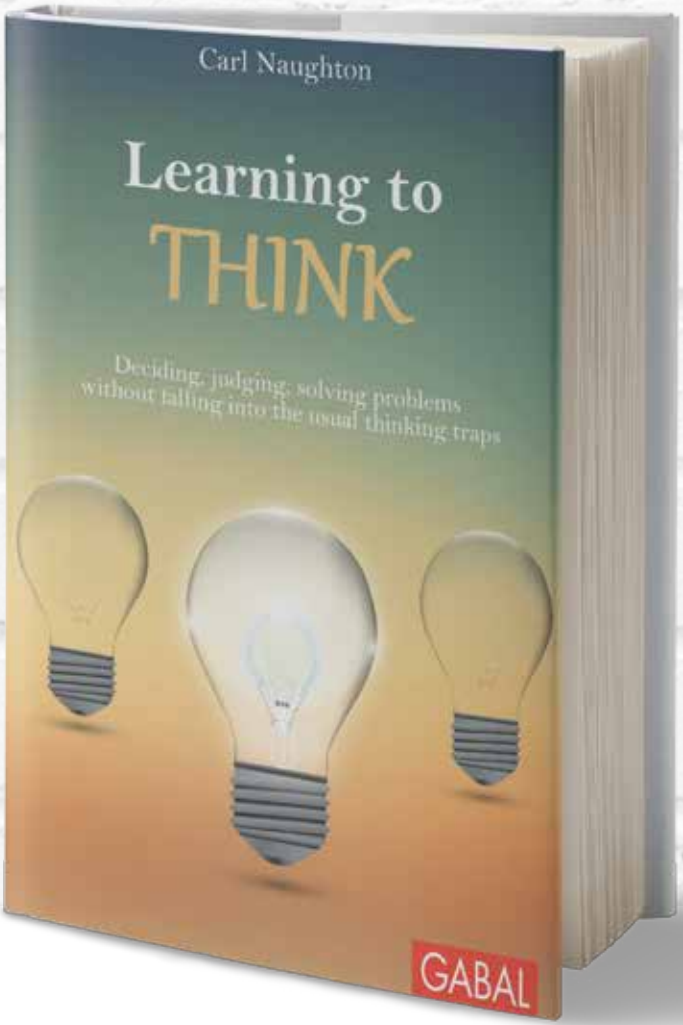
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Part 3: How To Think Better

Carl Naughton
Learning to Think
Deciding, judging, solving problems without
falling into the usual thinking traps
304 Pages
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“GetAbstract recommends Naughton’s book to anyone who wants to know why we can’t always trust our thinking organ.”

Rolf Dobelli

Dr. Carl Naughton holds a PhD in linguistics and has been a lecturer in the field of educational psychology. He shows where our thinking runs away with itself and what we can do about it. He combines the latest scientific findings with practical examples from business and everyday life, offering multiple solutions for thinking traps.

