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The Optimism Bias: A Tour of the Irrationally Positive ...

The Optimism Bias: A Tour of the Irrationally Positive Brain. Hardcover —

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The Optimism Bias: A Tour of the
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The Optimism Bias: A Tour of the
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"The Optimism Bias" is the interesting book
that investigates optimism bias. It explores
when the bias is adaptive and when it is

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destructive, and it provides evidence that moderately optimistic illusions can promote well-being.

The Optimism Bias: A Tour of the Irrationally Positive ...

The Optimism Bias: A Tour of the Irrationally Positive Brain Psychologists have

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long been aware that most people maintain an irrationally positive outlook on life—but why? Turns out, we might be hardwired that way.

The Optimism Bias: A Tour of the
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Irrationally Positive Brain. Hardcover –
June 14, 2011. by. Tali Sharot (Author) ›

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Sharot: Publisher: Knopf Doubleday
Publishing Group, 2011: ISBN: 0307379833,
9780307379832: Length: 288 pages: Subjects

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The Optimism Bias NPR coverage of The Optimism Bias: A Tour of the Irrationally Positive Brain by Tali Sharot. News, author interviews, critics' picks and more. The Optimism Bias.

The Optimism Bias : NPR

The optimism bias is deeply rooted in our

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brain. Having positive expectations makes us happier and more successful. Optimists have it best when it comes to the important feelings of anticipation and dread.

Optimism helps us deal with life and its challenges. We are bad at adapting adequately to bad news. Moderation is a virtue when it comes to optimism.

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The Optimism Bias by Tali Sharot -
blinkist.com

Cognitive neuroscientist Tali Sharot, author of *The Optimism Bias: A Tour of the Irrationally Positive Brain*, notes that this bias is widespread and can be seen in cultures all over the world. Sharot also

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suggests that while this optimism bias can at times lead to negative outcomes like foolishly engaging in risky behaviors or making poor choices about your health, it can also have its benefits.

The Optimism Bias and Its Impact -
Verywell Mind

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The Optimism Bias explores 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

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emotions strengthen our ability to recollect; how anticipation and dread affect us; how our optimistic illusions affect our financial, professional, and emotional decisions; and more.

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Drawing on cutting-edge science, The Optimism Bias provides us with startling new insight into the workings of the brain and the major role that optimism plays in determining how we live our lives. Praise For The Optimism Bias: A Tour of the Irrationally Positive Brain ...

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With its cutting-edge science and its wide-ranging and accessible narrative, The Optimism Bias provides us with startling new insight into the workings of the brain. Praise For The Optimism Bias: A Tour of

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Optimism bias is the belief that the future will be better, much better, than the past or present. And most of us display this bias. Neuroscientist Tali Sharot wants to know

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why: What is it about our brains that makes us overestimate the positive? She explores the question in her book *The Optimism Bias: A Tour of the Irrationally Positive Brain*.

Tali Sharot | Speaker | TED

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Irrationally Positive Brain by Tali Sharot
(2011, Hardcover) 5.0 out of 5 stars. 4
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5 stars 4. 4. 0 users rated this 4 out of 5 stars
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The Optimism Bias : A Tour of the

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According to London-based neurologist Tali Sharot, who wrote the book *Optimism Bias: A Tour of the Irrationally Positive Brain*, around 80% of the human population is inherently optimistic. Most of us just aren't aware that we are. When a person is an optimist, he or she tends to expect more

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positive things to happen than negative ones.

How Optimism Affects Your Happiness -
Happier Human

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Irrationally Positive Brain. New York:
Pantheon Books, 2011. Sharot, Tali. The

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Conferences, 2012. Eurobarometer surveys.
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(2013). Available online here. Figure:
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