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The Optimism Bias: A Tour of the Irrationally Positive

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The Optimism Bias: A Tour of the Irrationally Positive

Brain. Hardcover -

International Edition, June

21, 2011. by. Tali Sharot

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The Optimism Bias: A Tour of the Irrationally Positive Brain by Tali Sharot "The Optimism Bias" is the interesting book that investigates optimism bias. It explores when the bias is adaptive and when it is destructive, and it provides evidence that moderately optimistic illusions can promote well-being.

The Optimism Bias: A Tour of the Irrationally Positive

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The Optimism Bias: A Tour of the Irrationally Positive Brain Psychologists have long been aware that most

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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 Irrationally Positive

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The Optimism Bias: A Tour of the Irrationally Positive Brain. Hardcover - June 14, 2011. by. Tali Sharot

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The Optimism Bias: A Tour of the Irrationally Positive

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The Optimism Bias: A Tour of
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Brain: Author: Tali Sharot:
Publisher: Knopf Doubleday
Publishing Group, 2011:
ISBN: 0307379833,
9780307379832: Length: 288
pages: Subjects

The Optimism Bias: A Tour of
the Irrationally Positive

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The Optimism Bias NPR
coverage of The Optimism
Bias: A Tour of the
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by Tali Sharot. News, author
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The Optimism Bias : NPR
The optimism bias is deeply

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rooted in our 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.

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

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Irrationally Positive Brain in cultures all over the world. Sharot also 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
The Optimism Bias: A Tour of the Irrationally Positive Brain - Ebook written by Tali Sharot. Read this book using Google Play Books app on your PC, android, iOS devices. Download for offline reading, highlight, bookmark or take notes while

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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 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
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Brain ... "Fascinating....

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With its cutting-edge
science and its wide-ranging
and accessible narrative,

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The Optimism Bias provides us with startling new insight into the workings of the brain. Praise For The Optimism Bias: A Tour of the Irrationally Positive Brain

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The Optimism Bias: A Tour of the Irrationally Positive

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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 why: What is it about our brains that makes us overestimate the positive? She explores the question in her book The

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Optimism Bias: A Tour of the Irrationally Positive Brain.

Tali Sharot | Speaker | TED
The Optimism Bias : A Tour of the Irrationally Positive Brain by Tali Sharot (2011, Hardcover) 5.0 out of 5 stars. 4 product ratings. 5.0 average based on 4 product ratings. 5. 4 users rated this 5 out of 5 stars 4. 4. 0 users rated this 4 out of 5 stars 0. 3.

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

According to London-based neurologist Tali Sharot, who wrote the book Optimism Bias: A Tour of the

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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 positive things to happen than negative ones.

How Optimism Affects Your Happiness - Happier Human
The Optimism Bias: A Tour of the Irrationally Positive Brain. New York: Pantheon Books, 2011. Sharot, Tali.
The Science of Optimism Why We're Hard-wired for Hope. New York: Ted Conferences, 2012. Eurobarometer surveys. Available online here.

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"Perils of Perception: Irrationally Positive Brain

Topline Results." Ipsos MORI
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