

[PDF] The Optimism Bias: A Tour Of The Irrationally Positive Brain

Tali Sharot - pdf download free book

Books Details:

Title: The Optimism Bias: A Tour of

Author: Tali Sharot

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Description:

Review

"What a treat. A charming, engaging and accessible book written by a scientist who knows how to tell a story." - **Richard Thaler**, author of *Nudge*

"Very enjoyable, highly original and packed with eye-opening insight, this is a beautifully written book that really brings psychology alive." - **Simon Baron-Cohen**, author of *The Science of Evil*

"With rare talent Sharot takes us on an unforgettable tour of the hopes, traps and tricks of our brains...cutting-edge...a must-read." -**David Eagleman**, author of *Sum* and *Incognito*

"If you read her story, you'll get a better grip on how we function in it. I'm optimistic about that."
-**Richard Stengel, Time**

"Lively, conversational...A well-told, heartening report from neuroscience's front lines." -**Kirkus**

"Insightful, Oliver Sacks-y first book." -**Village Voice** (Summer Book Picks)

"Most readers will turn to the last page not only buoyed by hope but also aware of the sources and benefits of that hope." -**Booklist**

"Fascinating." -**Insane Science, NPR**

"A book I'd suggest to anyone.. offers evolutionary, neurological, and even slightly philosophical reasons for optimism" -**Forbes**

"An intelligently written look into why most people take an optimistic view of life... fascinating trip into why we prefer to remain hopeful about our future and ourselves." -**New York Journal of Books**

"Fascinating book offers compelling evidence for the neural basis of optimism and what it all means." -**Scientific American Book club**

"Once I started reading The Optimism Bias, I could not put it down." -**Positive Psychology News Daily**

"A fascinating yet accessible exploration of how and why our brains construct a positive outlook on life." -**Brain Pickings** (7 Essential Books on Optimism)

"Engaging...There are many absorbing stories and facts in this concise and well-written book...you will find yourself reflecting on its contents long after you've read the final page."
-**makewavesnotnoise.com**

About the Author

Tali Sharot's research on optimism, memory, and emotion has been the subject of features in *Newsweek*, *The Boston Globe*, *Time*, *The Wall Street Journal*, *New Scientist*, and *The Washington Post*, as well as on the BBC. She has a Ph.D. in psychology and neuroscience from New York University and is currently a research fellow at the Wellcome Trust Centre for Neuroimaging at University College London. She lives in London.

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