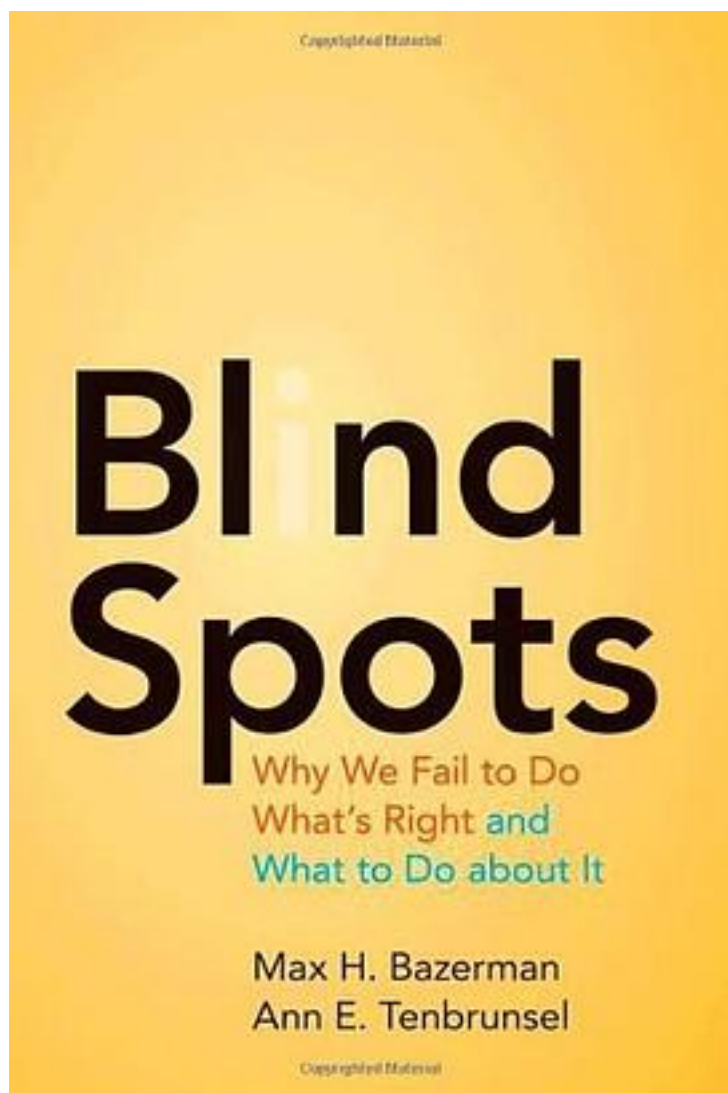


Blind Spots



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著者:Madeleine L. Van Hecke

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A woman planning a dinner party calls a gourmet caterer and learns that "Chateaubriand" can be ordered. To which she responds, "No, thanks. We're going to take care of the wine ourselves." The dead silence at the end of the phone is her first clue that something is amiss. A CEO attempts to put an end to complaints from employees about the demeaning behavior of certain managers by berating the managers before the staff--thus reinforcing the very behavior he's trying to correct.

We often criticize such incidents with remarks like "How dumb!" or "What was he thinking?" But psychologist Madeleine L. Van Hecke argues that much of what we label stupidity can better be explained as blind spots. Just as the blind spot in the driver's side mirror can swallow up a passing car, patterns in the way we think can likewise become blind spots, sifting out information and observations that to other people seem obvious. Drawing on research in creativity, cognitive psychology, critical thinking, child development, education, and philosophy, Dr. Van Hecke shows how our assets as thinkers create the very blind spots that become our worst liabilities. She devotes a chapter to each of ten mental blind spots that afflict even the smartest people: not stopping to think, jumping to conclusions, my-side bias, getting trapped by categories, and much more. At the end of each chapter she offers tactics for overcoming that specific blind spot, so we can become more creative and competent thinkers.

Full of funny, poignant stories about human foibles, Blind Spots offers many insights for improving our social and political lives while giving us fresh slants into the minds of people who are poles apart from ourselves.

作者介绍:

作者简介：玛德莲·赫克Madeleine L. Van Hecke

在美国伊利诺伊州一所学院中任教，同时也是执业心理医师，经常受邀担任创意及思考主题的研讨讲师。近年她结合专业背景与她多年来遇到的个人与组织思考障碍问题，写了Blind

Spots一书，出版后迅速跻身Amazon网站心理自助类书籍前十名，让更多人了解不自知的盲点的成因并进行改善，受到广大读者的喜爱和好评。

译者简介：蔺秀云，博士，现为北京师范大学发展心理研究所讲师，北京师范大学发展心理研究所家庭研究与治疗中心负责人、资深咨询师，心理学院本科生教育实习指导教师。主要研究方向：家庭治疗，儿童障碍，弱势群体心理健康。

徐守森，博士，毕业于北京师范大学，现为首都体育学院教育心理教研室副教授。主要研

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标签

评论

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书评

我们每个人在洞见自己时，总有局限和盲点。
乐嘉这句话，点明了一个从专业心理学角度得出的结果——认识自己几乎是世界上最难的事情，这不仅是心理学问题，更是一个几乎难倒所有人的哲学命题。上升到哲学高度有点夸张，但从平常生活中聊聊还是可以的。这本美国常青藤高校图书馆...

我有一个女朋友，非常搞笑，我给她看《盲点》这本书，是期望她注意到我折过的某一页，那里写着“我的一生都在向那些从来都不会怀疑我的人证明自己”，我觉得就是在说她，但很可惜她没看到。
要是她多想一想，就会意识到她一直在向对她百分百信任的人挑衅，总是张牙舞爪怒气冲...

作者通过心理学的角度揭示了人类普遍存在的一个问题：人们对事物的认知总会有局限性，但有时人们对这种局限性却没有意识，这就造成了人性普遍存在的弱点——自以为是——用作者的话说是“盲点”！这种情况反映在日常生活中人们的价值观和道德信念上，最典型的体现就是非黑即白...

如本书题目所言，自认为聪明的我们每个人都存在盲点，都会做一些蠢事儿，例如我会给别人发错文件，因为很多时候自己就懒了检查的一步；今天我还退掉了一张国庆的火车票，只是因为过分自信能刷到新的时间更好的火车票，结果是在网上刷了2个半小时刷到了一张并没有那么好的...

好多人和我说《不抱怨的世界》好看，我翻了，我日了，什么狗屁东西啊，美国人写的东西，不太适合咱们的国情，不抱怨，我能不抱怨吗？如果这是美国，我就不抱怨了。话说回来，又有盆友给我《盲点》看，没怎么当回事，因为还是美国的，想让老子安静下来熟悉他们的思路，很难，俺...

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