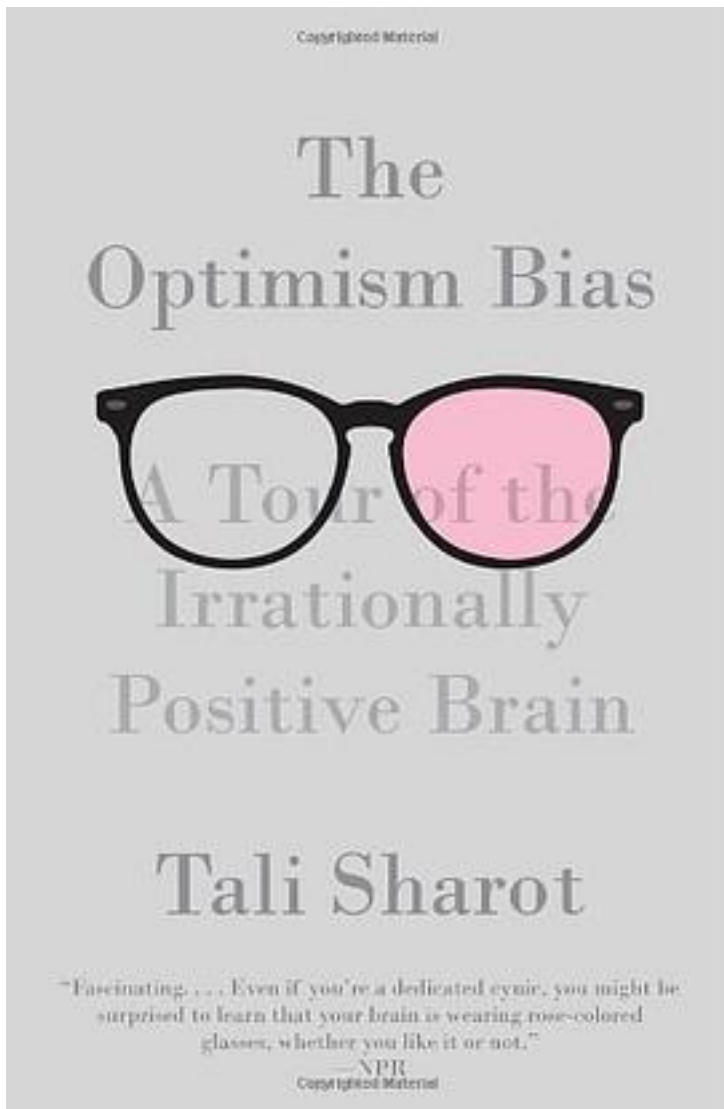


# The Optimism Bias



[The Optimism Bias\\_ 下载链接1](#)

著者:Tali Sharot

出版者:Pantheon

出版时间:2011-6-14

装帧:Hardcover

isbn:9780307378484

From one of the most innovative neuroscientists at work today, an investigation into the bias toward optimism that exists on a neural level in our brains and plays a major part in determining how we live our lives.

Psychologists have long been aware that most people maintain an often irrationally positive outlook on life. In fact, optimism may be crucial to our existence. Tali Sharot's experiments, research, and findings in cognitive science have contributed to an increased understanding of the biological basis of optimism. In this fascinating exploration, she takes an in-depth, clarifying look at 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; and how our optimistic illusions affect our financial, professional, and emotional decisions.

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.

作者介绍:

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.

目录:

[The Optimism Bias\\_ 下载链接1](#)

标签

心理学

optimism

Psychology

心理

乐观

英文版

科普

ebook

评论

例子震撼到我差点对人类本身产生绝望...

-----  
:无

-----  
"The brain provides a distorted view of reality. It deceives, yes. But it does so for a reason, and at the very same time it allows the realization that each of us is susceptible to illusions and biases."

-----  
好吧。觉得自己的悲观和乐观都很严重。

-----  
Let’ s see how our minds trick us

-----  
APA Book Award 2014 winner

-----  
三星半吧…终于啃完！ 高开走低…轻微乐观主义促使进步；乐观心态可以学习到更多…乐观的缺点嘛…不言自明

-----

## 书评

玫瑰色的眼镜 载《国际教育交流》9月刊

我一直以来都是个乐天派：小时候我居然认为只有自己是不会死的，因为童稚的我坚信自己是上天的宠儿；长大一点后，我依然本性不改，总觉得自己的前路会一帆风顺，考试、读书、恋爱、就业莫不如此。就拿屡次考试来说吧，无论小升初、中考...

看了这本书之后相信自己以后会更理性的乐观~刚拿到，很期待的说，希望真的能激发自己理性乐观的潜在正能量。读了前几章，很有乐趣，一则则生动幽默的小故事，富有魅力又容易理解，既体会了读书的乐趣，又在不知不觉中学习了很多新知识~

大多数人都是乐天派，虽然美梦不一定成真，但总体来说，我们的期待总会好于未来的结果。乐观的态度，能让我们变得更健康，更容易取得进步。  
在股市上来看，你会发现做多比做空的结果总是要好一些。\*  
研究显示，想太多会导致次优判断。在某一次研究活动中，研究人员要求参与者...

本来对这本书挺满意的，觉得很多地方很有道理。但是说到环法自行车冠军阿姆斯特朗的时候，居然说他得冠军是因为乐观。其实稍微了解的人都知道，阿姆斯特朗很多年前就被查出了比赛中服用禁药，被取消了冠军，但这本书的作者居然还不知道，还以此作为乐观的证据。我很怀疑这位作...