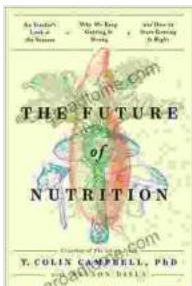


# An Insider Look At The Science Why We Keep Getting It Wrong And How To Start Getting It Right

We all make mistakes. It's part of being human. But some mistakes are more costly than others. When we make mistakes in our personal lives, it can lead to heartache, regret, and even financial ruin. When we make mistakes in our professional lives, it can damage our careers and reputations. And when we make mistakes as a society, it can have devastating consequences.



## The Future of Nutrition: An Insider's Look at the Science, Why We Keep Getting It Wrong, and How to Start Getting It Right by T. Colin Campbell

★★★★☆ 4.7 out of 5

Language : English  
File size : 23742 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 336 pages



So why do we keep making the same mistakes over and over again? Is it because we're stupid? Are we doomed to repeat the errors of the past?

The answer, according to Dr. David McRaney, is no. We're not stupid. We're simply wired to make mistakes.

In his book, *You Are Not So Smart: Why You Have Too Many Friends on Facebook, Why Your Memory Is Mostly Fiction, and 46 Other Ways You're Deluding Yourself*, Dr. McRaney explores the science behind why we make mistakes. He argues that our brains are designed to make quick decisions, even when we don't have all the information. This can lead to errors in judgment, especially when we're under stress or when we're confronted with complex problems.

But just because we're wired to make mistakes doesn't mean that we're doomed to repeat them. Dr. McRaney offers a number of strategies for making better decisions, including:

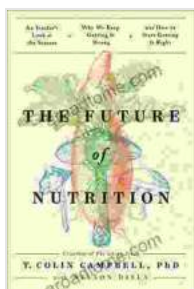
- **Slow down and think things through.** When you're faced with a decision, don't rush into it. Take some time to gather information and consider your options.
- **Be aware of your biases.** We all have biases, which can influence our decisions. Be aware of your own biases and try to compensate for them.
- **Get feedback from others.** Talk to friends, family, or colleagues about your decisions. Getting feedback from others can help you to identify potential problems and make better choices.
- **Experiment and learn from your mistakes.** The best way to learn is by making mistakes. When you make a mistake, don't beat yourself up about it. Instead, learn from it and try to avoid making the same mistake in the future.

Making mistakes is a part of life. But by understanding the science behind why we make mistakes, we can learn to make better decisions and avoid the costly consequences of poor choices.

## Free Download Your Copy of *You Are Not So Smart Today*

Ready to start making better decisions? Free Download your copy of *You Are Not So Smart* today.

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