

Are You Thinking Clearly? by Miriam Frankel & Matt Warren

- Do you enjoy psychology, self-improvement, and scientific exploration?
- Do you trust your intuition more than the facts?
- Are you interested in improving your critical thinking skills?
- Do you want to understand the science behind decision-making?

"Are You Thinking Clearly?" by Miriam Frankel & Matt Warren delves into the cognitive biases and logical fallacies that often cloud human judgment and decision-making. It talks about the common mistakes our brains make when we think and decide things, called cognitive biases and logical fallacies.

Key topics include confirmation bias, the Dunning-Kruger effect, cognitive dissonance, and the impact of social media on our thought processes. The authors provide strategies for recognising and mitigating the influence of these biases to make better, more rational decisions.

Whether you're a student, a young professional, or just someone who likes to learn new things, this book has neat insights that could change how you see your own thoughts.

Reviews and Criticisms:

Critics praise the book for its engaging writing style and practical insights. It makes complex psychological concepts accessible to a general audience. Some reviewers have noted that while the book is informative, it can occasionally oversimplify complex psychological theories. Others appreciate the actionable advice provided on overcoming personal and professional biases but would have liked more in-depth case studies from diverse fields.