



The Art of Thinking Clearly: Summary of the Key Ideas - Original Book by Rolf Dobelli

By *Evolve*

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We all make mistakes in our everyday life, but we can learn how to make better decisions by identifying the cognitive biases that influence us. Rather than focusing on what we need to do in order to succeed, finding out what we should not do and eliminating errors is a much more effective method to achieve what we want.

Who should read this book:

- People who want to learn how to make better decisions.
- Anyone interested in finding out more about cognitive biases.
- Anyone who is interested in the subject of psychology and how our mind works.

In this summary:

Chapter 1: Most of us are more irrational than we think

Chapter 2: Information is interpreted in a way to make it fit our beliefs

Chapter 3: We constantly make comparisons to determine the value of things

Chapter 4: People commonly focus more on outcomes than the process to get there

Chapter 5: Too many choices can make decision-making difficult

Chapter 6: Working in groups often leads to social loafing

Chapter 7: "Beginner's luck" can sometimes be mistaken for talent

Chapter 8: "Social comparison bias" can affect the hiring process in companies

Chapter 9: Fear of regret can influence us to keep the status quo

Chapter 10: Avoid the planning fallacy by learning from past mistakes

Chapter 11: Follow the "via negativa" approach to avoid cognitive biases

Chapter 12: Final Summary

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Cheryl Phelps:

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