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Stumbling on happiness daniel gilbert pdf download

Par white marion le vendredi, novembre 9 2012, 01:54 - Lien permanent Stumbling on Happiness Daniel Gilbert ebook Details info: EPUB, PDF, MOBI, 230 pages, English Size: 705 KB Why are lovers quicker to forgive their partners for infidelity than for leaving dirty dishes in the sink? Why will sighted people pay more to avoid going blind than blind people will pay to regain their sight? Why do dining companions insist on ordering different meals instead of getting what they really want? Why do patients remember long medical procedures as being less painful than short ones? Why do home sellers demand prices they wouldn't dream of paying if they were home buyers? Why are shoppers happier when they can't get refunds? Why do pigeons seem to have such excellent aim; why can't we remember one song while listening to another; and why does the line at the grocery store always slow down the moment we join it? In this brilliant, witty, and accessible book, renowned Harvard psychologist Daniel Gilbert describes the foibles of imagination and illusions of foresight that cause each of us to misconceive our tomorrows and misestimate our satisfactions. Vividly bringing to life the latest scientific research in psychology, cognitive neuroscience, philosophy, and behavioral economics, Gilbert reveals what scientists have discovered about the uniquely human ability to imagine the future, and about our capacity to predict how much we will like it when we get there. With penetrating insight and sparkling prose, Gilbert explains why we seem to know so little about the hearts and minds of the people we are about to become. 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Unsourced material may be challenged and removed.Find sources: "Stumbling on Happiness" – news · newspapers · books · scholar · JSTOR (December 2018) (Learn how and when to remove this template message) Stumbling on Happiness Softcover editionAuthorDaniel GilbertCountryUnited StatesLanguageEnglishSubjectPsychologyGenreNon-fictionPublisherKnopfPublication date2006Media typePrint, e-book, audiobookISBN1-4000-4266-6OCLC61362165Dewey Decimal158 22LC ClassBF575.H27 G55 2006 Stumbling on Happiness is a non-fiction book by Daniel Gilbert. It was published in the United States and Canada in 2006 by Knopf, and has been translated into more than 30 languages. It is a New York Times bestseller.[1] Theme Gilbert's central thesis is that, through perception and cognitive biases, people imagine the future poorly, in particular what will make them happy. He argues that imagination fails in three ways:[2] Imagination tends to add and remove details, but people do not realize that key details may be fabricated or missing from the imagined scenario. Imagined futures (and pasts) are more like the present than they actually will be (or were). Imagination fails to realize that things will feel different once they actually happen—most notably, the psychological immune system will make bad things feel not so bad as they are imagined to feel. Also, Gilbert covers the topic of "filling in" or the frequent use of patterns, by the mind, to connect events which we do actually recall with other events we expect or anticipate fit into the expected experience. This "filling in" is also used by our eyes and optic nerves to remove our blind spot or scotoma, and instead substitute what our mind expects to be present in the blind spot. The book is written for the layperson, generally avoiding abstruse terminology and explaining common quirks of reasoning through simple experiments that exploited them. Summary Stumbling on Happiness has six sections labeled Prospection, Subjectivity, Realism, Presentism, Rationalization, and Corrigitbility.[2] A summary of each follows. In the Prospection section Gilbert contends that humans are most special because of their ability to imagine. Our large frontal lobes biologically distinguish us from other animals and the function of the frontal lobe is to help us imagine.[3] However, our imagination often leads us astray, and the purpose of the book is to help the reader appreciate the shortcomings of imagination. The Subjectivity section addresses the meaning of happiness and emphasizes that happiness is a subjective feeling. Gilbert says,[2]:54 "Evaluating people's claims about their own happiness is an exceptionally thorny business." No perfectly reliable tool exists to measure a person's happiness. Instead researchers must rely primarily on the "honest, real-time report of the attentive individual".[2]:65 Finally, given the imperfections in self-reported feelings of happiness, scientists must rely on the law of large numbers, namely, to ask many people the same question and compare their answers.[4] The Realism section explains that imagination suffers from shortcomings. The first shortcoming is a lack of accuracy or realism. Imagination relies on memory and perception, and both memory and perception are prone to omit important details and to add false details. In the Presentism section, Gilbert addresses the second major shortcoming of imagination which is that it is biased toward the present. People project their current circumstance and values onto the future, but the future is often different enough from the present as to make such projections misleading. One phenomenon related to this problem is that wonderful experiences are most treasured on their first occurrence but typically less so on subsequent occurrences. The third and final shortcoming is presented in the Rationalization section. People have a psychological immune system. They are prone to believe what benefits them and to disbelieve what does not benefit them.[5] Gilbert says, "A healthy psychological immune system strikes a balance that allows us to feel good enough to cope with our situation but bad enough to do something about it".[2]:162 The Corrigitbility Section shows that illusions of foresight are best addressed when a person trying to anticipate a future experience turns to arbitrary, other people for insight about their related experience. Cultural values tend to be perpetuated as memes[6] and sometimes falsify claims about what would make an individual happy. Reception Reviews of the book include: The Guardian: "Gilbert's book is a witty, racy and readable study of expectation, anticipation, memory and perception: all bits of scaffolding within the structure of happiness."[7] The Publishers Weekly: "a scientific explanation of the limitations of the human imagination and how it steers us wrong in our search for happiness, ... commonplace examples render a potentially academic topic accessible and educational, even if his approach is at times overly prescriptive."[8] Greater Good Magazine: "Although we imagine ourselves to be so unique as to be unable to use random people's experience as a guide to personal fulfillment, Gilbert shows how this is actually a much better predictor of happiness than our own wishful thinking."[9] In 2007, the book was awarded the Royal Society Prizes for Science Books general prize for the best science writing for a non-specialist audience.[10] See also Positive psychology The Black Swan (Taleb book) References ^ Dreifus, Claudia (April 22, 2008). 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"Book Review: Stumbling on Happiness". Greater Good Magazine. Retrieved December 25, 2018. ^ "The Royal Society Past Winners". The Royal Society. Retrieved December 15, 2018. External links Stumbling on Happiness web site including a blog Reviews of Stumbling on Happiness Short interview about the book from Comprehensive interview on the book Why we make bad decisions, a TED talk - Dan Gilbert discusses humans' failure to predict what makes us happy. Presented July 2005 in Oxford, England Top concepts from Stumbling on Happiness Retrieved from " Daniel Gilbert - Stumbling on Happiness AudiobookStumbling on Happiness Audiobook Download The mind is an absurd factor. You such as to consider it as a supercomputer that runs your life, yet it is much from that. The mind does not keep memories like a disk drive. Its recall treatment shows up entirely ineffective. Contrasted to various other pets, our minds are large as well as likewise they consume an illegible quantity of power. Yet our minds are a whole lot extra reliable that any kind of type of computer system on the planet. Locating Happiness is a delightful walk with mind study studies throughout background. Over as well as over once more, Gilbert presents an additional research study that reveals you the stupidity of your mind. By the end of the book, you will certainly examine simply exactly how we have actually attained also humans. This is delightful read. It is not a deep book nonetheless a fantastic light-hearted check out the crazy side of our humanness. No One book will absolutely ever before attend to all your issues as well as likewise reveal you The Means. As Seneca asserted, "As long as you live, maintain discovering to live." Stumbling on Happiness Audiobook Free. However likewise that uncovering little bit is difficult with all the sound of experience. That's where Daniel Gilbert's little nugget help. It helps you get rid of a large amount of audio with some effective understandings attracted from emotional researches. The 3 most practical for me are these: (1) It's not the future hence, however it's the preparation for the future that makes you worried. (2) All your prep work for, state, 5 years later on is based upon the suggested presumption that you will certainly synchronize as you are presently as well as likewise think such you do presently, 5 years later onon (3) Relatively likely, your details situations are not entirely brand-new to humanity as well as a person has actually been on the program (or components of the program) you will certainly wind up taking so you can gain from them. So prepare to stumble along with you might stumble on happiness. (This testimonial is for the print variant of overview. I furthermore bought a Kindle variation to proceed my wise gadget however I have actually not turned with it yet, so I would not identify if there is anything not rather best relating to the Kindle conversation.) This is my type of book- although it was not what I prepared for by the title. I thought it would absolutely be light analysis, similar to many various other self-assistance magazines produced by psycho specialists educating visitors simply exactly how to increase their lives in some particular facet. Instead, of lengthy study intermixed with a number of principles or realities, I was happily astonished to situate this magazine well investigated along with based upon strong information, translated in a clear method for the layperson. Another significant plus was the writer's making up design. Dazzling phrasing, fascinating instances, unforgettable one-linings. Basically, helpful details as well as amusement! Based on this book's title along with a general eye some testimonials, I figured that this is potentially simply another magazine on delight, nonetheless I chose to review it in any case because the positions are normally respectable, dependable people have actually supported it, as well as likewise the topic is required. I delight in to report that overview much exceeded my assumptions along with mean a crucial as well as likewise first settlement to this group. Even with having really evaluated several publications for years, consisting of a variety of excellent ones on happiness, I figured out a large amount of brand-new as well as likewise beneficial points from this magazine. Actually, this book is so packed with understandings that I'll call for to thoroughly undergo it once more (which I prepare for). Some site visitors could really feel that overview enters into way too many subjects which are digressive to the major argument, nonetheless I directly rather valued the technique Gilbert creates his instance methodically along with thoroughly, giving us with a substantial selection of intellectual additional benefit at the exact same time. Undoubtedly, while the emphasis of overview is on delight, the range of the book is really a lot more thorough than merely delight. The product of the book is primarily attracted from speculative psychology (the superb kind), as well as Gilbert defines great deals of experiments in merely the proper quantity of details. I often actually felt that he neglected likely alternative evaluations of the speculative outcomes, yet I see this as a relatively small problem. The earlier components of overview furthermore blended in some Western belief, which I thought was a fantastic touch. Along with the several quotes from Shakespeare were also apropos since, besides, Shakespeare virtually solitary enveloped the complete range of human experience as well as routines right into his body of job! Supplied overview's abundant web content, it's hard to summarize this book, yet I would certainly declare that the (significantly oversimplified) bottom line is that both our memory as well as likewise imaginative creativity are normally malfunctioning, which frequently produces us to choose suboptimally when it comes to choices which influence our future happiness. We can partly browse that problem by quizing individuals that are presently having the experience we're considering having, yet that technique does not constantly function, plus we're normally unsusceptible to taking that technique anyhow. Daniel Gilbert - Stumbling on Happiness Audio Book Download. Nonetheless, once more, this is merely an oversimplification, along with you really require to review this book in its whole.

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