



The Monday Revolution

Revolutionary Reads

Thinking, Fast and Slow

by Daniel Kahneman

What's it about?

Written by psychologist and Nobel winner Daniel Kahneman, *Thinking, Fast and Slow* explores the two systems that drive the way we process thoughts. System 1 is automatic, impulsive and intuitive, and system 2 is slower, more deliberate and logical. Kahneman uses experiments and studies to highlight the shortcomings of system 1 and why it's important to be aware of its downfalls when it comes to decision making. By engaging system 2 we can be better problem solvers and avoid things like confirmation bias, gullibility etc.

What's in it for me?

This will be a fascinating read for anyone who is interested in behavioural psychology. By getting to grips with these two systems, you'll pick up tips on how to make better decisions in both your personal and professional life.

What can I learn?

- Ways to strategise effectively
- How to be a better decision maker
- The importance of living in the present
- How to avoid gullibility
- To be aware of confirmation bias and overconfidence

“Nothing in life is as important as you think it is, while you are thinking about it.”

Start on Monday

Do you have a system in place for interrogating research to ensure that it's accurate, factual and unbiased? This should be built into your process when making any big decisions.

Join us comrades!

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