



Thinking Fast and Slow: Book Summary in less than 30 Minutes (Daniel Kahneman)

Book Summary

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Thinking Fast and Slow by Daniel Kahneman | Book Summary

NOTE: This is a summary of the book and NOT the original book.

You'll learn about the System One and Two Theory, which is the theory about our mental behaviours and patterns. System One is the sector of your mind that controls knee jerk reactions and memories, whilst System Two controls the analytic tasks that your brain needs to undertake.

In this book, you'll learn how your mind comes to a conclusion based upon previous results and statistics. You'll learn how to better control your emotions and how to judge why you make the decisions you do. For example, you might find that whenever you think about a friend you'll think of a particular memory related to that person. You'll learn in this book that this is an automatic reaction of System One, and then System Two analyses the memory to remember the conversations or exact experiences.

This book, if interpreted correctly, will teach you to have a greater level of understanding about yourself so that you can judge why you say, think, and do, providing insight into the things you do in various scenarios.

Sound like your kind of thing? Sound intriguing?
I think so, too! Read on!

Here Is A Preview Of What You'll Learn...

- Two Systems, One Mind
- Enhance Your Mental Abilities
- Is Your Personal Halo Shining Bright?
- \$2 Today or \$4 Tomorrow
- Do You Remember Now?
- Takeaways From Each Chapter
- Examples Of How Things Can Apply To Your Life

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Tags: thinking fast and slow, daniel kahneman, problem solving, strategic planning

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Curtis Dugan:

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