

50 Myths Of Psychology

Debunking the Delusions: 50 Myths of Psychology

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Introduction: Unraveling the 50 Myths of Psychology

The human mind is a fascinating, complex organ, and our understanding of it is constantly evolving. However, alongside scientific advancements, a wealth of misinformation and misconceptions, often referred to as the 50 myths of psychology, have taken root in popular culture. This article delves into the core of these 50 myths of psychology, examining their origins, persistence, and ultimately, debunking them with evidence-based research. Understanding these myths is crucial for critical thinking, promoting mental well-being, and making informed decisions about mental health.

Section 1: Myths about Personality and Intelligence (10 Myths)

This section of our exploration of the 50 myths of psychology tackles common misconceptions surrounding personality and intelligence. We will explore myths such as:

Myth 1: Opposites attract in romantic relationships. (Evidence suggests similarity is a stronger predictor of relationship success.)

Myth 2: A large proportion of criminal behavior can be attributed to low intelligence. (Intelligence is a complex factor, and crime is multi-faceted.)

Myth 3: Most people only use 10% of their brain capacity. (Neuroscience demonstrates that all parts of the brain are active.)

Myth 4: There is a single, universally agreed-upon definition of intelligence. (Intelligence is multifaceted and measured differently across cultures.)

Myth 5: Astrology can reveal insights into personality. (Astrology lacks scientific validity and is not supported by research.)

Myth 6: The Rorschach inkblot test is a reliable and valid measure of personality. (Its reliability and validity are highly contested within the scientific community.)

Myth 7: People's personality traits are relatively fixed and unchanging throughout life. (Personality traits exhibit some stability but can also shift over time.)

Myth 8: Introverts are shy and socially awkward. (Introversion is a preference for solitude, not necessarily a social deficit.)

Myth 9: Extroverts are always outgoing and talkative. (Extroversion manifests differently in individuals.)

Myth 10: Emotional intelligence is a distinct form of intelligence separate from cognitive abilities. (While related, the evidence for it as a separate entity is weak.)

Section 2: Myths about Memory and Cognition (10 Myths)

This section of our exploration into 50 myths of psychology focuses on cognitive processes, including memory and perception. These 50 myths of psychology are often perpetuated in popular media:

Myth 11: Hypnosis is a reliable way to recover repressed memories. (Recovered memories under hypnosis are often unreliable and prone to suggestion.)

Myth 12: Eyewitness testimony is highly accurate. (Eyewitness testimony is notoriously fallible and susceptible to biases.)

Myth 13: We can accurately identify a liar based solely on their nonverbal cues. (Nonverbal cues are unreliable indicators of deception.)

Myth 14: Memory works like a video recorder, accurately recording events. (Memory is reconstructive and prone to errors and distortions.)

Myth 15: Using mnemonics significantly improves memory. (While helpful, the impact varies depending on the technique and individual.)

Myth 16: Subliminal messages can influence our behavior without our awareness. (The effects of subliminal messages are minimal and have not been consistently replicated.)

Myth 17: The polygraph test is an accurate lie detector. (Polygraph results are not reliable indicators of truthfulness.)

Myth 18: Left-brained people are logical and right-brained people are creative. (Brain lateralization is more nuanced than this simple dichotomy.)

Myth 19: Children are always honest. (Children's understanding of truth and deception develops over time.)

Myth 20: We only use a small percentage of our brain's capacity. (All brain areas are active at some point.)

Section 3: Myths about Mental Health and Treatment (10 Myths)

This section tackles 50 myths of psychology frequently encountered when discussing mental health and treatment. These 50 myths of psychology can have serious consequences:

Myth 21: People with schizophrenia have multiple personalities. (Schizophrenia involves a disruption of thought processes, not multiple personalities.)

Myth 22: All therapists use the same techniques. (Various therapeutic approaches exist, with different techniques tailored to specific needs.)

Myth 23: Psychotherapy is only for people with severe mental illness. (Therapy can benefit anyone seeking personal growth or coping mechanisms.)

Myth 24: Once a mental illness is diagnosed, the person will always have it. (While chronic, many mental illnesses can be managed effectively.)

Myth 25: Mental illness is solely caused by personal weakness or moral failing. (Mental illness is complex and influenced by genetic, biological, and environmental factors.)

Myth 26: People with depression can simply "snap out of it". (Depression is a biological and psychological condition requiring professional help.)

Myth 27: Suicide is always impulsive. (Suicidal ideation often involves prolonged and complex factors.)

Myth 28: Medication is the only effective treatment for mental illness. (Therapy and other interventions also play a crucial role.)

Myth 29: Therapy always involves talking about your childhood. (Focus depends on the issues being addressed and the therapeutic approach.)

Myth 30: Mental illness is contagious. (Mental illness is not transmitted through contact.)

Section 4: Myths about Social Psychology and Relationships (10 Myths)

Here, we look at 50 myths of psychology related to social interactions and relationships, often misrepresented in popular culture:

Myth 31: Groupthink always leads to poor decisions. (While a risk, groupthink can sometimes lead to effective outcomes.)

Myth 32: People are always rational and logical in their decision-making. (Emotions and biases significantly influence decisions.)

Myth 33: The bystander effect means nobody will help in an emergency. (Help is more likely when others are present, although the likelihood decreases with the number of bystanders.)

Myth 34: First impressions are always accurate. (First impressions can be misleading and influenced by biases.)

Myth 35: Conformity is always negative. (Conformity is a natural social process that can be positive or negative depending on the context.)

Myth 36: Aggression is always caused by frustration. (Aggression has various underlying causes.)

Myth 37: Love at first sight is real. (Initial attraction is more accurate; love develops over time.)

Myth 38: Men and women communicate fundamentally differently. (While differences exist,

overgeneralizations are inaccurate.)

Myth 39: The power of positive thinking can cure any illness. (Positive thinking is beneficial, but not a cure-all.)

Myth 40: Humans are inherently selfish. (Humans exhibit both selfish and altruistic behaviors.)

Section 5: Myths about Development and Parenting (10 Myths)

The final section of our discussion of the 50 myths of psychology centers around the development of human beings:

Myth 41: Children's brains are less developed than adult brains. (Children's brains are constantly developing, but are not less developed in every way.)

Myth 42: Intelligence is fixed at birth. (Intelligence is fluid and can be influenced by various factors.)

Myth 43: Spare the rod, spoil the child. (Physical punishment is detrimental to a child's development.)

Myth 44: Critical periods for learning are set in stone. (While sensitive periods exist, development is more flexible.)

Myth 45: Early childhood experiences determine a person's entire life. (While impactful, later experiences also shape development.)

Myth 46: Birth order significantly impacts personality. (Birth order's influence on personality is weak.)

Myth 47: All children go through the same developmental stages. (While patterns exist, developmental trajectories vary.)

Myth 48: TV violence is always harmful to children. (The effects of violence on children are nuanced and context-dependent.)

Myth 49: Co-sleeping is always harmful for the baby. (Co-sleeping's effects vary; appropriate conditions are needed.)

Myth 50: Parenting styles dictate the success of a child's life. (While impactful, children are also influenced by various factors outside parental control.)

Conclusion: Navigating the Landscape of 50 Myths of Psychology

Understanding and debunking the 50 myths of psychology is essential for fostering critical thinking and promoting evidence-based understanding of human behavior. By separating fact from fiction, we can move towards a more informed and nuanced understanding of ourselves and the world around us. The 50 myths of psychology highlight the importance of relying on scientific evidence rather than relying on anecdotal evidence or popular beliefs.

FAQs

1. What is the difference between popular psychology and scientific psychology? Popular psychology often simplifies or distorts scientific findings, while scientific psychology relies on rigorous research methods.
2. Why do these myths persist? Myths persist due to confirmation bias, anecdotal evidence, and the inherent appeal of simple explanations for complex phenomena.
3. How can I identify a psychology myth? Look for claims lacking empirical evidence, relying on anecdotal evidence, or making sweeping generalizations.
4. Where can I find reliable information about psychology? Reputable scientific journals, university websites, and books by credible authors.
5. Are all self-help books unreliable? No, some self-help books are evidence-based, while others are not. Critical evaluation is necessary.
6. Can I use psychology myths to improve my life? No, relying on myths can be detrimental. Evidence-based methods are more effective.
7. What is the role of critical thinking in understanding psychology? Critical thinking is crucial to evaluating information, distinguishing facts from fiction, and forming sound judgments.
8. How can I avoid spreading psychology myths? Always verify information from reliable sources before sharing it.
9. What are the ethical implications of spreading false information about psychology? Spreading misinformation can have serious consequences, particularly in mental health.

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50 myths of psychology: Myths of Childhood Joel Paris, 2013-06-17 Childhood has long been considered the major factor in determining adult life. It sets us on the path toward or away from happiness, shapes our personality, and is a major cause of mental disorders. Or is it? Myths of Childhood strongly challenges these assumptions usually taken for granted in contemporary society and the mental health community. With a healthy dose of scepticism toward clinical impressions and using empirically-based research from areas including behavioral genetics and attachment, Dr. Paris builds a convincing case against the primacy of childhood in the development of adult personality and psychopathology. In its place, he offers an alternative model for development and shows how mental health professionals can apply this model to clinical practice. Myths of Childhood represents an important addition to the ongoing debate between mental health professionals regarding nature vs. nurture. For supporters of either side, this book is a valuable resource for further exploration of this controversy.

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field, including William James, Aaron Beck, and (of course) Sigmund Freud. From Behaviorism to Cognitivism, what better way to get a handle on your inner demons?

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50 myths of psychology: The Crowd Gustave Le Bon, 1897

50 myths of psychology: Urban Myths about Learning and Education Pedro De Bruyckere, Paul A. Kirschner, Casper D. Hulshof, 2015-03-06 Many things people commonly believe to be true about education are not supported by scientific evidence. Urban Myths about Learning and Education examines commonly held incorrect beliefs and then provides the truth of what research has shown. Each chapter examines a different myth, with sections on learning, the brain, technology, and educational policy. A final section discusses why these myths are so persistent. Written in an engaging style, the book separates fact from fiction regarding learning and education. Recognize any of these myths? - People have different styles of learning - Boys are naturally better at mathematics than girls - We only use 10% of our brains - The left half of the brain is analytical, the right half is creative - Men have a different kind of brain from women - We can learn while we are asleep - Babies become smarter if they listen to classical music These myths and more are systematically debunked, with useful correct information about the topic in question. - Debunks common myths about learning and education - Provides empirical research on the facts relating to the myths - Utilizes light-hearted, approachable language for easy reading

50 myths of psychology: Myths, Misconceptions, and Invalid Assumptions of Counseling

and Psychotherapy Jeffrey Kottler, Richard S. Balkin, 2020 Which of the following statements about counseling and psychotherapy have been proven to be true? a) Intake interviews, routinely done during the first meeting with a new client, provide a reliable foundation on which to base a diagnosis and treatment plan. b) The most effective dosage of therapy has been found to be around 45-50 minutes, which is why the 50-minute hour is the usual length of time for a single session. c) Evidence-Based Practices are the standard techniques used by clinicians. d) Therapists become more effective over time, and the best therapists are the ones with the most experience and most training. e) None of the above. Which of the following statements about counseling and psychotherapy are false? a) Thanks to careful and methodical research, we know precisely the qualities that make a good therapist. b) Knowledge gained from Randomized Controlled Trials and other rigorous studies informs training program design, teaching methods, and clinical practice. c) When a client achieves a successful outcome from therapy, the results can be traced through the therapeutic process, and the results are long-lasting. d) Our training programs are routinely reconfigured to ensure they are in line with the most up-to-date information. e) All of the above. You might be surprised that the answer to both questions is e. Although there are countless studies on the effectiveness of counseling, there is also compelling evidence that researchers have difficulty replicating results of studies. There are many common elements of counseling practice that lack an evidentiary basis, and yet some of these components remain unquestioned, unchallenged, and accepted as the way things are. Book jacket.

50 myths of psychology: Facts and Fictions in Mental Health Hal Arkowitz, Scott O. Lilienfeld, 2017-01-25 Written in a lively and entertaining style, *Facts and Fictions in Mental Health* examines common conceptions and misconceptions surrounding mental health and its treatment. Each chapter focuses on a misconception and is followed by a discussion of related findings from scientific research. A compilation of the authors' *Facts and Fictions* columns written for *Scientific American Mind*, with the addition of six new columns exclusive to this book Written in a lively and often entertaining style, accessible to both the undergraduate and the interested general reader Each chapter covers a different fiction and allows readers to gain a more balanced and accurate view of important topics in mental health The six new columns examine myths and misconceptions of considerable interest and relevance to undergraduates in abnormal psychology courses Introductory material and references are included throughout the book

50 myths of psychology: Neo-liberal Genetics Susan McKinnon, 2005 Evolutionary psychology claims to be the authoritative science of human nature. Its chief architects, including Stephen Pinker and David Buss, have managed to reach well beyond the ivory tower to win large audiences and influence public discourse. But do the answers that evolutionary psychologists provide about language, sex, and social relations add up? Susan McKinnon thinks not. Far from being an account of evolution and social relations that has historical and cross-cultural validity, evolutionary psychology is a stunning example of a science that twists evolutionary genetics into a myth of human origins. As McKinnon shows, that myth is shaped by neo-liberal economic values and relies on ethnocentric understandings of sex, gender, kinship, and social relations. She also explores the implications for public policy of the moral tales that are told by evolutionary psychologists in the guise of scientific inquiry. Drawing widely from the anthropological record, *Neo-liberal Genetics* offers a sustained and accessible critique of the myths of human nature fabricated by evolutionary psychologists.

50 myths of psychology: Science and Pseudoscience in Clinical Psychology, First Edition Scott O. Lilienfeld, Steven Jay Lynn, Jeffrey M. Lohr, 2012-12-18 This is the first major text designed to help professionals and students evaluate the merits of popular yet controversial practices in clinical psychology, differentiating those that can stand up to the rigors of science from those that cannot. Leading researchers review widely used therapies for alcoholism, infantile autism, ADHD, and posttraumatic stress disorder; herbal remedies for depression and anxiety; suggestive techniques for memory recovery; and self-help models. Other topics covered include issues surrounding psychological expert testimony, the uses of projective assessment techniques, and

unanswered questions about dissociative identity disorder. Providing knowledge to guide truly accountable mental health practice, the volume also imparts critical skills for designing and evaluating psychological research programs. It is ideal for use in advanced undergraduate- and graduate-level courses in clinical psychology, psychotherapy, and evidence-based practice.

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50 myths of psychology: The Rough Guide to Psychology Christian Jarrett, 2011-04-01 Why are we the way we are? For over a hundred years psychologists have been conducting scientific experiments to find out. The Rough Guide to Psychology starts with you, your mind and brain, broadens out to your friends and other relationships, then onto crowds, mobs and religion. There are also sections on real-life psychology, showing how the latest research is relevant to crime, schooling, sports, politics, shopping, and health. There are opportunities to test your own memory, intelligence, personality, and much more, as well as advice on everything from pick-up lines to creativity. This book takes a fresh look at the classic cases and studies, from Phineas Gage to Milgram, and combines this with a cutting-edge round-up of the latest research. The last section deals with what happens when the mind falters, covering depression, anxiety, schizophrenia, as well as more unusual conditions. Care is taken throughout to ensure conclusions are tied to the latest high quality psychological science.

50 myths of psychology: Psychology of Physical Activity Stuart Biddle, Nanette Mutrie, Trish Gorely, Guy Faulkner, 2021-04-11 The positive benefits of physical activity for physical and mental health are now widely acknowledged, yet levels of physical inactivity continue to be a major concern throughout the world. Understanding the psychology of physical activity has therefore become an important issue for scientists, health professionals and policy-makers alike as they address the challenge of behaviour change. Psychology of Physical Activity provides comprehensive and in-depth coverage of the fundamentals of exercise psychology, from mental health, to theories of motivation and adherence, and to the design of successful interventions for increasing participation. Now publishing in a fully revised, updated and expanded fourth edition, Psychology of Physical Activity is still the only textbook to offer a full survey of the evidence base for theory and practice in exercise psychology, and the only textbook that explains how to interpret the quality of the research evidence. As the field continues to grow rapidly, the new edition expands the behavioural science content of numerous important topics, including physical activity and cognitive functioning, automatic and affective frameworks for understanding physical activity involvement, new interventions designed to increase physical activity (including use of new technologies), and sedentary behaviour. A full companion website offers useful features to help students and lecturers get the most out of the book during their course, including multiple-choice revision questions, PowerPoint slides and a test bank of additional learning activities. Psychology of Physical Activity is the most authoritative, engaging and up-to-date book on exercise psychology currently available. It is essential reading for all students working in behavioural medicine, as well as the exercise and health sciences.

50 myths of psychology: Selfie Will Storr, 2019-04-02 "An intriguing odyssey" though the history of the self and the rise of narcissism (The New York Times). Self-absorption, perfectionism, personal branding—it wasn't always like this, but it's always been a part of us. Why is the urge to look at ourselves so powerful? Is there any way to break its spell—especially since it doesn't necessarily make us better or happier people? Full of unexpected connections among history, psychology, economics, neuroscience, and more, *Selfie* is a "terrific" book that makes sense of who we have become (NPR's On Point). Award-winning journalist Will Storr takes us from ancient Greece, through the Christian Middle Ages, to the self-esteem evangelists of 1980s California, the rise of the "selfie generation," and the era of hyper-individualism in which we live now, telling the epic tale of the person we all know so intimately—because it's us. "It's easy to look at Instagram and selfie-sticks and shake our heads at millennial narcissism. But Will Storr takes a longer view. He ignores the easy targets and instead tells the amazing 2,500-year story of how we've come to think about our selves. A top-notch journalist, historian, essayist, and sleuth, Storr has written an essential book for understanding, and coping with, the 21st century." —Nathan Hill, New York Times bestselling author of *The Nix* "This fascinating psychological and social history . . . reveals how biology and culture conspire to keep us striving for perfection, and the devastating toll that can take."—The Washington Post "Able synthesizes centuries of attitudes and beliefs about selfhood, from Aristotle, John Calvin, and Freud to Sartre, Ayn Rand, and Steve Jobs." —USA Today "Eminently suitable for readers of both Yuval Noah Harari and Daniel Kahneman, *Selfie* also has shades of Jon Ronson in its subversive humor and investigative spirit." —Bookseller "Storr is an electrifying analyst of Internet culture." —Financial Times "Continually delivers rich insights . . . captivating." —Kirkus Reviews

50 myths of psychology: Child Development Jean Mercer, 2012-11-02 In *Child Development: Myths and Misunderstandings 2e*, Jean Mercer uses intriguing vignettes and questions about children and families to guide readers in thinking critically about 59 common beliefs.

50 myths of psychology: Psychobabble Stephen Briers, 2012-12-14 Exposing the self-help myths that make us all more miserable. This is what your psychologist would really tell you—if he thought you could handle it! This is the kick up the backside the self-help genre needs: an intelligent, provocative and thought-provoking expose of the modern myths that we're told make us happier, but in reality screw us up. Clinical psychologist, Dr Stephen Briers shines a light into the dark corners of self-help and explodes the myths, false hopes, quack philosophies and unrealistic expectations it routinely advocates. It is a refreshing antidote to the 'same old same old' approaches, offering a radical re-think of the way we approach problems in our lives, offering empowering new perspectives and expert advice on avoiding the biggest life traps. Dr Briers questions the perceived wisdom, shakes up the status quo, and encourages us to think again. The full text downloaded to your computer With eBooks you can: search for key concepts, words and phrases make highlights and notes as you study share your notes with friends eBooks are downloaded to your computer and accessible either offline through the Bookshelf (available as a free download), available online and also via the iPad and Android apps. Upon purchase, you'll gain instant access to this eBook. Time limit The eBooks products do not have an expiry date. You will continue to access your digital ebook products whilst you have your Bookshelf installed.

50 myths of psychology: The Science of Subjective Well-Being Michael Eid, Randy J. Larsen, 2008-01-01 This authoritative volume reviews the breadth of current scientific knowledge on subjective well-being (SWB): its definition, causes and consequences, measurement, and practical applications that may help people become happier. Leading experts explore the connections between SWB and a range of intrapersonal and interpersonal phenomena, including personality, health, relationship satisfaction, wealth, cognitive processes, emotion regulation, religion, family life, school and work experiences, and culture. Interventions and practices that enhance SWB are examined, with attention to both their benefits and limitations. The concluding chapter from Ed Diener dispels common myths in the field and presents a thoughtful agenda for future research.

50 myths of psychology: 50 Popular Beliefs That People Think Are True Guy P. Harrison,

2012-01-03 "What would it take to create a world in which fantasy is not confused for fact and public policy is based on objective reality? asks Neil deGrasse Tyson, science popularizer and author of *Astrophysics for People in a Hurry*. I don't know for sure. But a good place to start would be for everyone on earth to read this book. Maybe you know someone who swears by the reliability of psychics or who is in regular contact with angels. Or perhaps you're trying to find a nice way of dissuading someone from wasting money on a homeopathy cure. Or you met someone at a party who insisted the Holocaust never happened or that no one ever walked on the moon. How do you find a gently persuasive way of steering people away from unfounded beliefs, bogus cures, conspiracy theories, and the like? This down-to-earth, entertaining exploration of commonly held extraordinary claims will help you set the record straight. The author, a veteran journalist, has not only surveyed a vast body of literature, but has also interviewed leading scientists, explored the most haunted house in America, frolicked in the inviting waters of the Bermuda Triangle, and even talked to a contrite Roswell alien. He is not out simply to debunk unfounded beliefs. Wherever possible, he presents alternative scientific explanations, which in most cases are even more fascinating than the wildest speculation. For example, stories about UFOs and alien abductions lack good evidence, but science gives us plenty of reasons to keep exploring outer space for evidence that life exists elsewhere in the vast universe. The proof for Bigfoot or the Loch Ness Monster may be nonexistent, but scientists are regularly discovering new species, some of which are truly stranger than fiction. Stressing the excitement of scientific discovery and the legitimate mysteries and wonder inherent in reality, this book invites readers to share the joys of rational thinking and the skeptical approach to evaluating our extraordinary world.

50 myths of psychology: The Silent Patient Alex Michaelides, 2019-02-05 ****THE INSTANT #1 NEW YORK TIMES BESTSELLER**** An unforgettable—and Hollywood-bound—new thriller... A mix of Hitchcockian suspense, Agatha Christie plotting, and Greek tragedy. —Entertainment Weekly
The *Silent Patient* is a shocking psychological thriller of a woman's act of violence against her husband—and of the therapist obsessed with uncovering her motive. Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London's most desirable areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word. Alicia's refusal to talk, or give any kind of explanation, turns a domestic tragedy into something far grander, a mystery that captures the public imagination and casts Alicia into notoriety. The price of her art skyrockets, and she, the silent patient, is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London. Theo Faber is a criminal psychotherapist who has waited a long time for the opportunity to work with Alicia. His determination to get her to talk and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations—a search for the truth that threatens to consume him....

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50 myths of psychology: *The Invisible Gorilla* Christopher Chabris, Daniel Simons, 2011-06-07

Reading this book will make you less sure of yourself—and that's a good thing. In *The Invisible Gorilla*, Christopher Chabris and Daniel Simons, creators of one of psychology's most famous experiments, use remarkable stories and counterintuitive scientific findings to demonstrate an important truth: Our minds don't work the way we think they do. We think we see ourselves and the world as they really are, but we're actually missing a whole lot. Chabris and Simons combine the work of other researchers with their own findings on attention, perception, memory, and reasoning to reveal how faulty intuitions often get us into trouble. In the process, they explain:

- Why a company would spend billions to launch a product that its own analysts know will fail
- How a police officer could run right past a brutal assault without seeing it
- Why award-winning movies are full of editing mistakes
- What criminals have in common with chess masters
- Why measles and other childhood diseases are making a comeback
- Why money managers could learn a lot from weather forecasters

Again and again, we think we experience and understand the world as it is, but our thoughts are beset by everyday illusions. We write traffic laws and build criminal cases on the assumption that people will notice when something unusual happens right in front of them. We're

sure we know where we were on 9/11, falsely believing that vivid memories are seared into our minds with perfect fidelity. And as a society, we spend billions on devices to train our brains because we're continually tempted by the lure of quick fixes and effortless self-improvement. *The Invisible Gorilla* reveals the myriad ways that our intuitions can deceive us, but it's much more than a catalog of human failings. Chabris and Simons explain why we succumb to these everyday illusions and what we can do to inoculate ourselves against their effects. Ultimately, the book provides a kind of x-ray vision into our own minds, making it possible to pierce the veil of illusions that clouds our thoughts and to think clearly for perhaps the first time.

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