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Thinking, fast and slow[i] - 28/05/2018

Basically we have 6 big ideas that can help us live better.[](https://www.blogger.com/blogger.g?blogID=6776834719361606300#_edn1)

Big idea 1 is to realize that we have 2 ways of thinking: system 1, fast and automatic and system 2, slow and logical. Sometimes we should choose one or the other but we need to avoid swapping them.

Big idea 2 is the anchoring. Sometimes we need to figure out an anchor, a reference to lead us to make a decision. Also we should avoid anchors that are not real and this can help us to best guess.

Big idea 3 is the science of availability. We need to pay attention to the possibility of something happen to us or not and avoid suffering about something that has no chance at all to happen. This means we need to avoid seeing the mainstream media.

Big idea 4 is about loss aversion. In a situation we need to choose between things that will be good in a way and negative in another, we should argue using the negative way to convince the other person. You would prefer to make a decision avoiding something negative.

Big idea 5 is the framing. The way we see a picture can change our conclusion. We can see the same picture in different angles and this can result in different effects. Therefore, try to see at least twice!

Finally, the big idea 6 is sunk cost fallacy. We should avoid base our current decision in one thing we did in the past, it doesn't matter if we are going to lose money.

So, these big ideas are ideas to guide our life and must be used to live better and to make the best choices.

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[i] KAHNEMAN, D. THINKING, FAST AND SLOW:
(<https://youtu.be/uqXVAo7dVRU?t=2>)(<https://youtu.be/uqXVAo7dVRU?t=2>)

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