Reading: "Thinking, Fast and Slow"
Author: Daniel Kahneman
Progress: Chapter 6

Key Concepts:

- System 1 (fast): Automatic, intuitive
- System 2 (slow): Deliberate, Analytical
- Anchoring effect: First number affects estimates
- Heuristics: Mental shortcuts
- Availability bias: what comes to mind easily

How it applies to Tech:

- Choosing technologies (anchored to first?)
- Risk assessment (bias in security?)
- Model selection (Intuition vs rigorous!)
- Decision-making improvements
- Fatigue and poor sleep quality degrade System 2 thinking

Really compelling examples
Finish by end of month