37 People Screen Out Information That Doesn’t Fit Their Beliefs

This concept I would have to say is tremendously accurate for the vast majority of people. I think even for the most introspective and open-minded of people this is a challenge. I can’t say for sure as to why this idea is so innate in humans, but I would imagine there was some sort of biological benefit to this in our past history. Imagine yourself even just 100 years ago. There was not a ton of ways to obtain information and the information that you received was largely resulting from your nuclear family. Traditions and beliefs rolled on and challenging them was tough. Maybe in an evolutionary sense this protected the village so to speak. Holding onto ideas even if they were wrong, it prevented people from being outcasted, which in the village days of living was not a good outcome. Today, information is being bombarded and this is a double-edged sword. It provides those looking under the surface to question things and systems but at the same time it exposes some to finding answers in the wrong places. In many ways we don’t like to be challenged, even though this largely where the greatest develops have come in history.

42 Well Practiced Skills Don’t Require Conscious Attention

I have always been fascinated with talented musicians of any instrument. They play without much thought as to what they are doing, and it is as if something invisible just guides them through the music. Everyone has to start off somewhere, but as repetition takes hold our brains tend to transition into automatic patterns. In fact, as I write this my fingers just seem to smash the keyboard lol. It is important to keep in mind that designing things or experiences that help facilitate this concept can come at the cost of use errors as the book explains. What may be quick to complete just may be not quick to fix if a major error takes place. It would be important to make sure with the design that errors can be mitigated as best as possible. I think of logging into my phone with the passcode. Imagine if it locked you out if you made one mistake.