

Science Essentials

Main themes

- Psychology — Greater focus on well-being
- Economics — More realism in theories of behavior
- Neuroscience — More sophisticated measurement of brain activity

Two system brain

**SYSTEM 1**  
Intuition & instinct

95%  
Unconscious  
Fast  
Associative  
Automatic pilot



**SYSTEM 2**  
Rational thinking

5%  
Takes effort  
Slow  
Logical  
Lazy  
Indecisive

System 1  
Deliberate System

- Reasoning
- Self control
- Forward Thinking

Limitations

Small  
Sequential  
Slow

- Depends on Working memory
- ineffective if we are tired, sleepy
- Single tasking
- Switching attention

System 2  
Automatic System

- Automatic
- Fast
- Takes shortcuts  
Hence biases
- Blindspots

Defend-Discover Axis

Threats - Rewards

**DEFEND**

- Survival Circuit  
Flight or Fight
- Looking for threats
- Imprecise
- Offlines the  
Deliberate System

**DISCOVER**

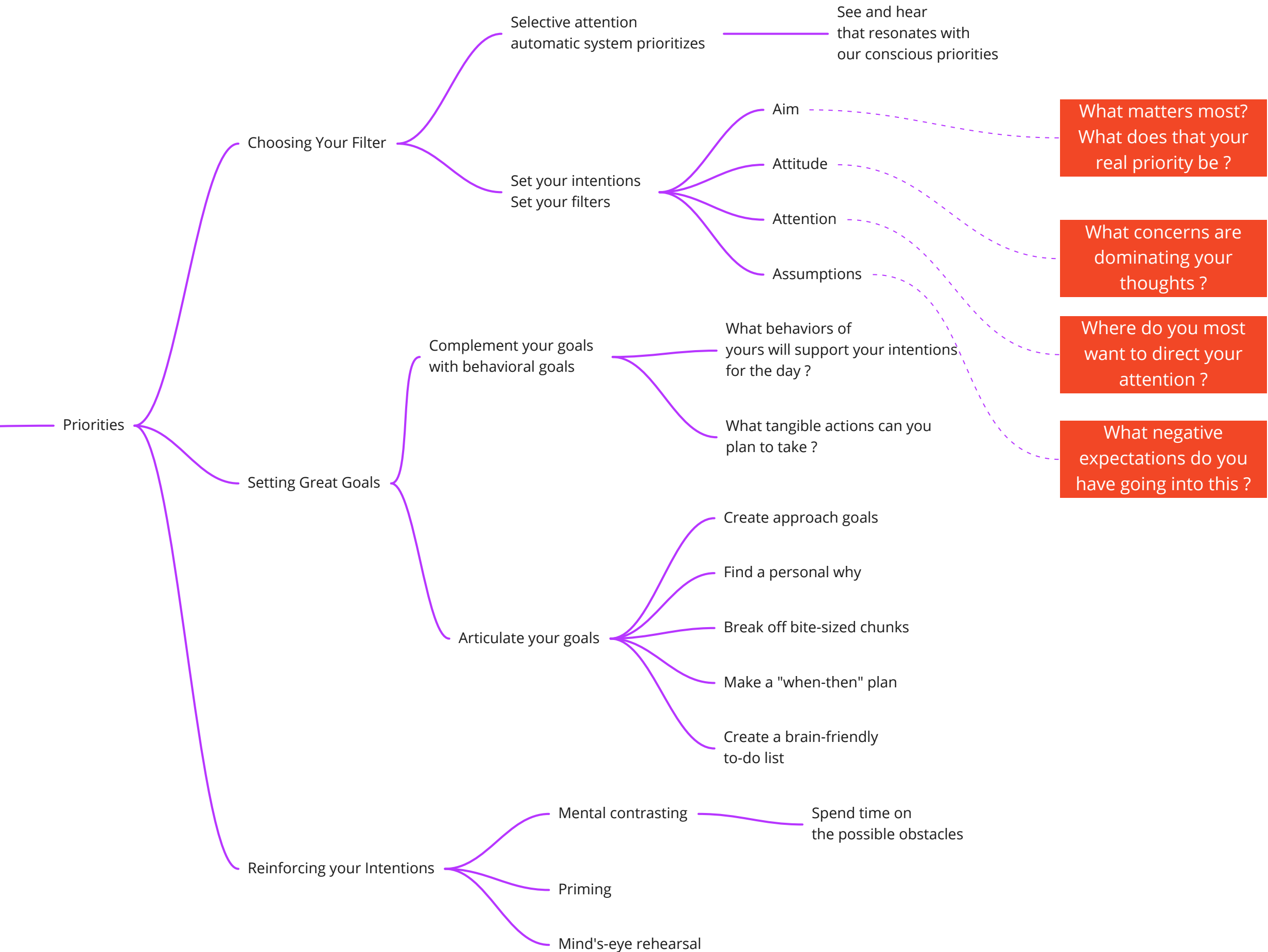
- Psychological  
Relaxation
- Looking for Treats
- Contemplative
- Keeps the  
Deliberate system  
Online

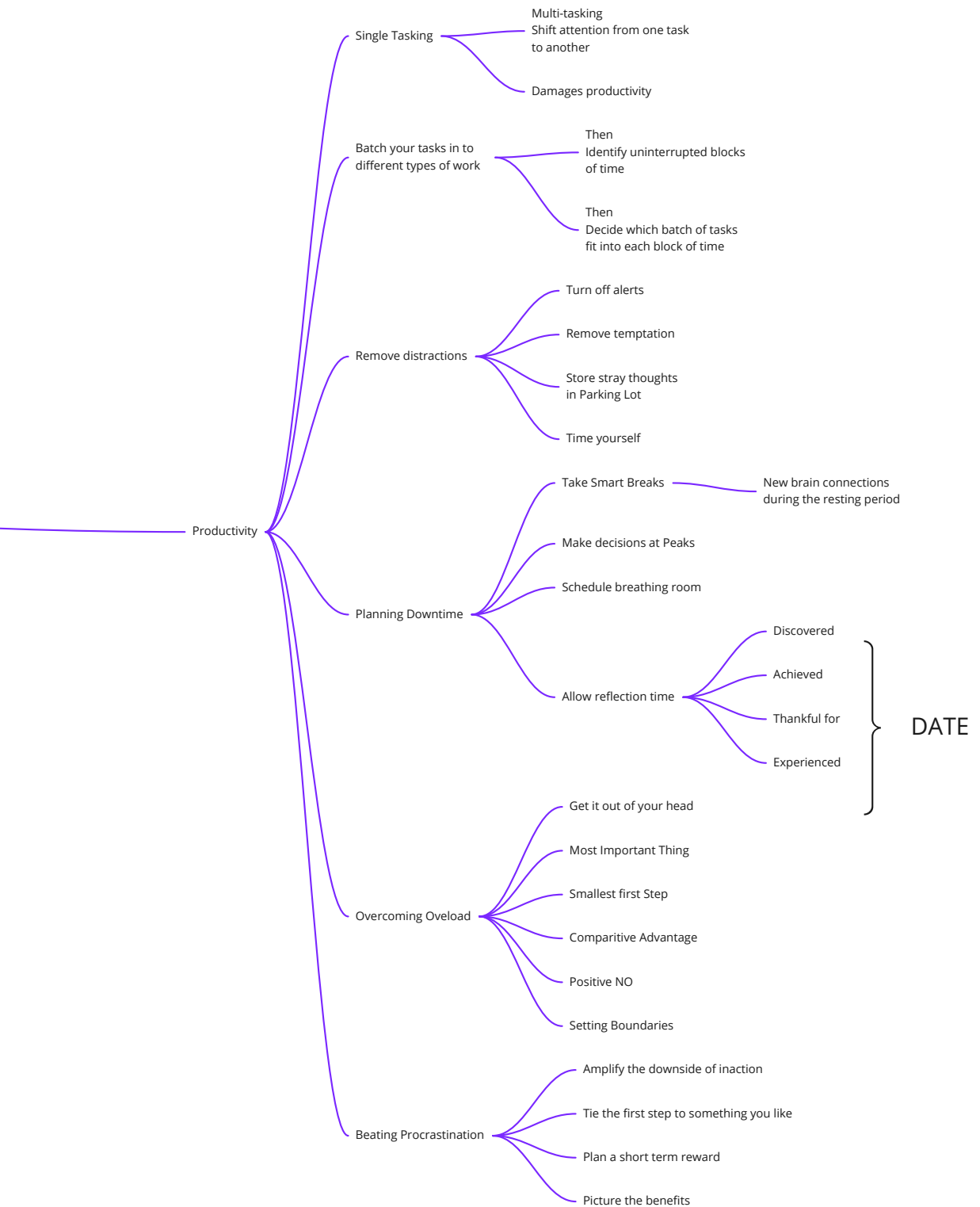
Mind-Body Loop

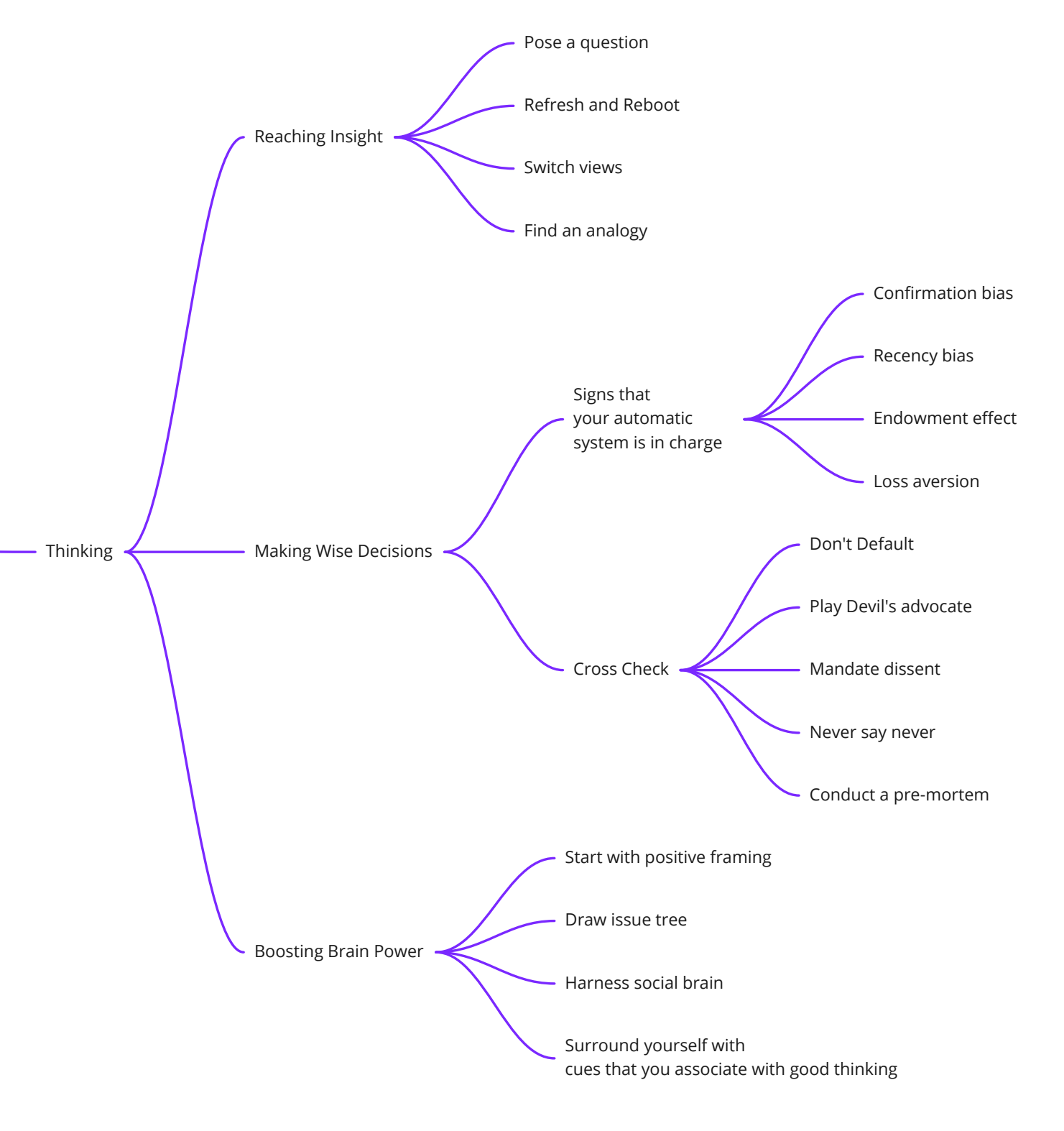
- Sleep
- Exercise
- Mindfulness



Way you treat your body has impact in emotional and cognitive faculties







Thinking

Reaching Insight

Pose a question

Refresh and Reboot

Switch views

Find an analogy

Making Wise Decisions

Signs that your automatic system is in charge

Confirmation bias

Recency bias

Endowment effect

Loss aversion

Cross Check

Don't Default

Play Devil's advocate

Mandate dissent

Never say never

Conduct a pre-mortem

Boosting Brain Power

Start with positive framing

Draw issue tree

Harness social brain

Surround yourself with cues that you associate with good thinking

