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Bad Decisions And Hurtful Acts Carol Tavis

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A compelling defense of hormone replacement therapy, exposing the faulty science behind its fall from prominence and empowering women to make informed decisions about their health. For years, hormone replacement therapy (HRT) was hailed as a miracle. Study after study showed that HRT, if initiated at the onset of menopause, could ease symptoms ranging from hot flashes to memory loss; reduce the risk of heart disease, Alzheimer's, osteoporosis, and some cancers; and even extend a woman's overall life expectancy. But when a large study by the Women's Health Initiative announced results showing an uptick in breast cancer among women taking HRT, the winds shifted abruptly, and HRT, officially deemed a carcinogen, was abandoned. Now, sixteen years after HRT was left for dead, Dr. Bluming, a medical oncologist, and Dr. Tavis, a social psychologist, track its strange history and present a compelling case for its resurrection. They investigate what led the public -- and much of the medical establishment -- to accept the Women's Health Initiative's often exaggerated claims, while also providing a fuller picture of the science that supports HRT. A sobering and revelatory read, *Estrogen Matters* sets the record straight on this beneficial treatment

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and provides an empowering path to wellness for women everywhere.

Exploring the key ideas in social psychology, this collection of classic and contemporary readings includes accounts of specific experimental findings as well as more general articles summarizing studies on such topics as attraction, prejudice, and aggression. The new edition adds 15 new readings while retaining a number of classics by leading psychological thinkers such as Stanley Milgram on obedience and Solomon Asch on conformity. Readings makes the perfect companion for the Aronson's highly praised book, *The Social Animal* as it follows the same major themes. The Reader can also be used with any introductory social psychology text or even in lieu of a text. Using both *The Social Animal* textbook and the reader is a unique and engaging combination for understanding social psychology and its research.

A cutting-edge, relentless, objective approach to inclusion. Companies spend billions of dollars annually on diversity efforts with remarkably few results. Too often diversity efforts rest on the assumption that all that's needed is an earnest conversation about "privilege." That's not enough. To truly make progress we need to stop celebrating the problem and instead take effective steps to solve it. In *Bias Interrupted*, Joan C. Williams shows how it's done, and, reassuringly, how easy it is to get started. One of today's preeminent voices on inclusive workplaces, Williams explains how leaders can use standard business tools—data, metrics, and persistence—to interrupt the bias that is continually transmitted through formal systems like performance appraisals, as well as

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the informal systems that control access to career-enhancing opportunities. The book presents fresh evidence, based on Williams's exhaustive research and work with companies, that interrupting bias helps every group—including white men.

Comprehensive, though compact and straightforward, *Bias Interrupted* delivers real, practical value in an efficient and accessible manner to an audience that has never needed it more. It's possible to interrupt bias. Here's where you start.

High-achieving women share their worst mistakes at work—and how learning from them paved the way to success. Named by *Fast Company* as a "Top 10 Book You Need to Read This Year" In *Mistakes I Made at Work*, a *Publishers Weekly* Top 10 Business Book for Spring 2014, Jessica Bacal interviews twenty-five successful women about their toughest on-the-job moments. These innovators across a variety of fields – from the arts to finance to tech – reveal that they're more thoughtful, purposeful and assertive as leaders because they learned from their mistakes, not because they never made any. Interviewees include: Cheryl Strayed, bestselling author of *Wild* Anna Holmes, founding editor of *Jezebel.com* Kim Gordon, founding member of the band *Sonic Youth* Joanna Barsch, Director Emeritus of *McKinsey & Company* Carol Dweck, Stanford psychology professor Ruth Ozeki, *New York Times* bestselling author of *Tale for the Time Being* And many more For readers of *Lean In* and *#Girlboss*, *Mistakes I Made for Work* is ideal for millenials just starting their careers, for women seeking to advance at work, or for anyone grappling with issues of perfectionism, and features

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fascinating and surprising anecdotes, as well as tips for readers.

In his devastating new book Pulitzer Prize-winning journalist Ron Suskind takes readers inside the defining conflict of our era: the war between the West and a growing, shadowy army of terrorists, armed with weapons of alarming power. Relying on unique access to former and current government officials, this book will reveal for the first time how the US government -- from President Bush on down -- is frantically improvising to fight a new kind of war. Where is the enemy? What have been the real victories and defeats since 9/11? How are we actually fighting this war and how can it possibly be won? Filled with astonishing disclosures, Suskind's book shows readers what he calls "the invisible battlefield" -- a global matrix where US spies race to catch soldiers of jihad before they strike. It is a real-life spy thriller with the world's future at stake. It also reveals the shocking and secret philosophy underpinning the war on terror. Gripping and alarming in equal measure, it will reframe the debate about a war that, each day, redefines America and its place in the world.

Popsicles, potato chips, Silly Putty, Velcro, and many other familiar things have fascinating stories behind them. In fact, dozens of products and everyday items had surprisingly haphazard beginnings. *Mistakes That Worked* offers forty of these unusual tales, along with hilarious cartoons and weird and amazing facts. Readers will be surprised and inspired!

On April 20, 1999, the halls of Columbine High School in Littleton, Colorado,

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reverberated with the sound of gunshots as two students, highly armed and consumed with rage, killed thirteen students and seriously injured twenty-three before turning the guns on themselves. It was the worst school massacre in our nation's history. Can we prevent a tragedy like this from happening again? In Elliot Aronson's *Nobody Left to Hate*, one of our nation's leading social psychologists argues that the negative atmosphere in our schools--the exclusion, taunting, humiliation, and bullying--played a major role in triggering the pathological behavior of the shooters. At the very least, such an atmosphere makes schools an unpleasant experience for most normal students. But it doesn't have to be. *Nobody Left to Hate* offers concise, practical, and easy-to-apply strategies for creating a more supportive, stimulating, and compassionate environment in our schools. Based on decades of scientific research and classroom testing, these strategies explain how students can be taught to control their own impulses, how to respect others, and how to resolve conflicts amicably. In addition, they show teachers how to structure classes to promote cooperation, rather than competition, without sacrificing academics. On the contrary, education is greatly enhanced. For parents, teachers, or anyone concerned with what is happening in our schools, *Nobody Left to Hate* provides a simple and effective plan of action that will make their children's school not only a safe place, but a more humane place of learning.

The result of an exclusive partnership with *Scientific American*, the articles in this collection were personally selected from the pages of world's foremost scientific

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magazine by the authors Dan Schacter, Dan Gilbert, and Dan Wegner.

A TikTok sensation, this rom-com about a young woman who agrees to fake date a colleague and bring him to her sister's wedding has "everything you could want in a romance" (Helen Hoang, New York Times bestselling author). Catalina Martín desperately needs a date to her sister's wedding. Especially since her little white lie about her American boyfriend has spiralled out of control. Now everyone she knows—including her ex and his fiancée—will be there and eager to meet him. She only has four weeks to find someone willing to cross the Atlantic and aid in her deception. New York to Spain is no short flight and her raucous family won't be easy to fool. Enter Aaron Blackford—her tall, handsome, condescending colleague—who surprisingly offers to step in. She'd rather refuse; never has there been a more aggravating, blood-boiling, and insufferable man. But Catalina is desperate, and as the wedding draws nearer, Aaron looks like her best option. And she begins to realize he might not be as terrible in the real world as he is at the office.

Two distinguished psychologists look at the role of self-justification in human life, explaining how and why we create fictions that absolve us of responsibility and restore our belief in our intelligence, moral rectitude, and correctness; assess the potential repercussions of such a course of action; and reveal how it can be

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overcome.

Thomas Gilovich offers a wise and readable guide to the fallacy of the obvious in everyday life. When can we trust what we believe—that "teams and players have winning streaks," that "flattery works," or that "the more people who agree, the more likely they are to be right"—and when are such beliefs suspect? Thomas Gilovich offers a guide to the fallacy of the obvious in everyday life. Illustrating his points with examples, and supporting them with the latest research findings, he documents the cognitive, social, and motivational processes that distort our thoughts, beliefs, judgments and decisions. In a rapidly changing world, the biases and stereotypes that help us process an overload of complex information inevitably distort what we would like to believe is reality. Awareness of our propensity to make these systematic errors, Gilovich argues, is the first step to more effective analysis and action.

Mistakes Were Made is a revealing memoir and unexpected love story from model and actress Fiona Lewis about her journey to self-acceptance as she restores a crumbling French chateau. Alone in the French countryside, Lewis reflects on her glamorous youth across London and Paris in the '60s, Hollywood in the '70s, and the important, sometimes disastrous, choices she made along the way. Having lived a perfectly satisfactory life in California for over two

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decades, Fiona Lewis wakes up one day in her fifties and asks herself, Is this it? Is this the existence I'm meant to have? She can hardly complain. After all, her life has been full of adventure and privilege: London and Paris in the '60s, Los Angeles in the heady '70s. Now, however, she feels lost, as if she were slipping backward over the edge of a ravine, abandoned not only by her old self, but by that reliable standby, optimism. Realizing she has to find a way to reinvent herself, she impulsively buys a rundown chateau in the South of France. (Her husband is not pleased.) Alone in the depths of the countryside, she contemplates her childhood, her affairs—Roman Polanski, Roger Vadim—her years as an actress in some good and some questionable films, and her first Hollywood marriage to the damaged son of a movie star. As the renovation drags on, fighting with a band of impossible French workmen, she is forced to battle her own fears: her failure to become a real success, her inability to have children, and her persistent fear of aging. And she has to contend with her husband, who has no interest in the French countryside. In fact, he resents her obsession with France, with the house, with the renovations. The house seems to have a hold over her, and he's not wrong. He reluctantly visits and is annoyed by the cost of the renovation. Was she not content with him in LA? Why can't she just be happy? It's an age-old question and one every woman must confront, along with

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aging, lost love, and missed opportunities. Yet, Fiona's wit and wisdom prevail. And this provocative, brave memoir takes a stunning turn when all those unanswered questions develop into a tender and unexpected romance. Sarah Dessen meets Adam Silvera in the debut YA romance everyone is talking about! "A breathtaking tour de force of angst and longing. Heartbreaking, painfully romantic, and deeply human." —STEPHANIE GARBBER, #1 bestselling author of *Caraval* "A novel you can make yourself at home in, with characters so real it feels like you've known them for ages." —JENNA EVANS WELCH, bestselling author of *Love & Gelato* "This book comes with its own aching heartbeat. Be forewarned, it's stronger than it looks." —STACEY LEE, award-winning author of *The Downstairs Girl* Ellis and Easton have been inseparable since childhood. But when a rash decision throws Ellis's life—and her relationship with Easton—into chaos, she's forced to move halfway across the country, far from everything she's ever known. Now Ellis hasn't spoken to Easton in a year, and maybe it's better that way; maybe eventually the Easton-shaped hole in her heart will heal. But when Easton's mom invites her home for a visit, Ellis finds herself tangled up in the web of heartache, betrayal, and anger she left behind . . . and with the boy she never stopped loving.

A New York Times Bestseller Winner of the James Beard Award for General

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Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

We're all hypocrites. Why? Hypocrisy is the natural state of the human mind. Robert Kurzban shows us that the key to understanding our behavioral

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inconsistencies lies in understanding the mind's design. The human mind consists of many specialized units designed by the process of evolution by natural selection. While these modules sometimes work together seamlessly, they don't always, resulting in impossibly contradictory beliefs, vacillations between patience and impulsiveness, violations of our supposed moral principles, and overinflated views of ourselves. This modular, evolutionary psychological view of the mind undermines deeply held intuitions about ourselves, as well as a range of scientific theories that require a "self" with consistent beliefs and preferences. Modularity suggests that there is no "I." Instead, each of us is a contentious "we"--a collection of discrete but interacting systems whose constant conflicts shape our interactions with one another and our experience of the world. In clear language, full of wit and rich in examples, Kurzban explains the roots and implications of our inconsistent minds, and why it is perfectly natural to believe that everyone else is a hypocrite.

We forget our passwords. We pay too much to go to the gym. We think we'd be happier if we lived in California (we wouldn't), and we think we should stick with our first answer on tests (we shouldn't). Why do we make mistakes? And could we do a little better? We human beings have design flaws. Our eyes play tricks on us, our stories change in the retelling, and most of us are fairly sure we're

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way above average. In *Why We Make Mistakes*, journalist Joseph T. Hallinan sets out to explore the captivating science of human error—how we think, see, remember, and forget, and how this sets us up for wholly irresistible mistakes. In his quest to understand our imperfections, Hallinan delves into psychology, neuroscience, and economics, with forays into aviation, consumer behavior, geography, football, stock picking, and more. He discovers that some of the same qualities that make us efficient also make us error prone. We learn to move rapidly through the world, quickly recognizing patterns—but overlooking details. Which is why thirteen-year-old boys discover errors that NASA scientists miss—and why you can't find the beer in your refrigerator. *Why We Make Mistakes* is enlivened by real-life stories—of weathermen whose predictions are uncannily accurate and a witness who sent an innocent man to jail—and offers valuable advice, such as how to remember where you've hidden something important. You'll learn why multitasking is a bad idea, why men make errors women don't, and why most people think San Diego is west of Reno (it's not). *Why We Make Mistakes* will open your eyes to the reasons behind your mistakes—and have you vowing to do better the next time. From “one of the most brilliant young psychologists of her generation” (Paul Bloom), a groundbreaking examination of how speech causes some of our

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deepest social divides—and how it can help us overcome them We gravitate toward people like us; it's human nature. Race, class, and gender shape our social identities, and thus who we perceive as “like us” or “not like us.” But one overlooked factor can be even more powerful: the way we speak. As the pioneering psychologist Katherine Kinzler reveals in *How You Say It*, the way we talk is central to our social identity because our speech largely reflects the voices we heard as children. We can change how we speak to some extent, whether by “code-switching” between dialects or by learning a new language; over time, our speech even changes to reflect our evolving social identity and aspirations. But for the most part, we are forever marked by our native tongue—and are hardwired to prejudge others by theirs, often with serious consequences. Someone's accent alone can determine the economic opportunity or discrimination they encounter in life, making speech one of the most urgent social-justice issues of our day. Our linguistic differences present challenges, Kinzler shows, but they also can be a force for good. Humans can benefit from being exposed to multiple languages—a paradox that should inspire us to master this ancient source of tribalism and rethink the role that speech plays in our society.

“An engaging, beautifully synthesized page-turner” (Slate). The #1 New York Times bestseller and Time #1 Nonfiction Book of the Year: Hillary Rodham

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Clinton's most personal memoir yet, about the 2016 presidential election. In this "candid and blackly funny" (The New York Times) memoir, Hillary Rodham Clinton reveals what she was thinking and feeling during one of the most controversial and unpredictable presidential elections in history. She takes us inside the intense personal experience of becoming the first woman nominated for president by a major party in an election marked by rage, sexism, exhilarating highs and infuriating lows, stranger-than-fiction twists, Russian interference, and an opponent who broke all the rules. "At her most emotionally raw" (People), Hillary describes what it was like to run against Donald Trump, the mistakes she made, how she has coped with a shocking and devastating loss, and how she found the strength to pick herself back up afterward. She tells readers what it took to get back on her feet—the rituals, relationships, and reading that got her through, and what the experience has taught her about life. In this "feminist manifesto" (The New York Times), she speaks to the challenges of being a strong woman in the public eye, the criticism over her voice, age, and appearance, and the double standard confronting women in politics. Offering a "bracing... guide to our political arena" (The Washington Post), What Happened lays out how the 2016 election was marked by an unprecedented assault on our democracy by a foreign adversary. By analyzing the evidence and connecting the

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dots, Hillary shows just how dangerous the forces are that shaped the outcome, and why Americans need to understand them to protect our values and our democracy in the future. The election of 2016 was unprecedented and historic. What Happened is the story of that campaign, now with a new epilogue showing how Hillary grappled with many of her worst fears coming true in the Trump Era, while finding new hope in a surge of civic activism, women running for office, and young people marching in the streets.

Examines the patterns, motives, and effects of mass persuasion, discussing the history of propaganda, how the message of propaganda is delivered, and counteracting the tactics of mass persuasion.

Resolving to earn so much money that his mother will no longer stress out over the bills, 11-year-old Timmy Failure launches a detective business with a lazy polar bear partner named Total but finds their enterprise—Total Failure, Inc.—challenged by a college-bound spy and a four-foot-tall girl whom Timmy refuses to acknowledge.

Elliot Aronson is among the 100 most influential psychologists of the 20th Century. He is best known for his theorizing and research on cognitive dissonance theory -- one of the most provocative and enduring theories in contemporary psychology -- and for his design of the "jigsaw classroom," an

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applied method of reducing conflict and prejudice in multiethnic schools. Throughout his illustrious career, he has championed the application of social-psychological theory and methods for solving such pressing social problems as prejudice, energy efficiency, conflict and miscommunication in relationships, and the reasons why many people justify their mistakes rather than learn from them. Aronson is the only psychologist in the history of the American Psychological Association to have won all three of its top awards: for research, teaching, and writing. In this Festschrift, friends, colleagues, and former students write with warmth, clarity, and humor about Aronson's enduring influence on the field of social psychology and on their own professional lives as researchers, writers, and teachers. Topics covered include contemporary research on cognitive dissonance theory; the changing face of experimentation in social psychology; and applied research on energy policy, education, the legal system, intergroup conflict, and prejudice and discrimination.

If you want to know your Freud from your Jung and your Milgram from your Maslow, strap in for this whirlwind tour of the highlights of psychology. Including accessible primers on: The early thinkers who contributed to psychological ideas and the birth of modern psychology Famous (and often controversial) experiments and their repercussions What psychology can teach us about

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memory, language, conformity, reasoning and emotions The ethics of psychological studies Recent developments in the modern fields of evolutionary and cyber psychology. This illuminating little book will introduce you to the key thinkers, themes and theories you need to know to understand how the study of mind and behaviour has sculpted the world we live in and the way we think today. The study reported in this volume grew out of some theoretical work, one phase of which bore specifically on the behavior of individuals in social movements that made specific (and unfulfilled) prophecies. We had been forced to depend chiefly on historical records to judge the adequacy of our theoretical ideas until we by chance discovered the social movement that we report in this book. At the time we learned of it, the movement was in mid-career but the prophecy about which it was centered had not yet been disconfirmed. We were understandably eager to undertake a study that could test our theoretical ideas under natural conditions. That we were able to do this study was in great measure due to the support obtained through the Laboratory for Research in Social Relations of the University of Minnesota. This study is a project of the Laboratory and was carried out while we were all members of its staff. We should also like to acknowledge the help we received through a grant-in-aid from the Ford Foundation to one of the authors, a grant that made preliminary exploration of the field situation

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possible.

When social psychologist Stanley Milgram invited volunteers to take part in an experiment at Yale in the summer of 1961, none of the participants could have foreseen the worldwide sensation that the published results would cause. Milgram reported that fully 65 percent of the volunteers had repeatedly administered electric shocks of increasing strength to a man they believed to be in severe pain, even suffering a life-threatening heart condition, simply because an authority figure had told them to do so. Such behavior was linked to atrocities committed by ordinary people under the Nazi regime and immediately gripped the public imagination. The experiments remain a source of controversy and fascination more than fifty years later. In *Behind the Shock Machine*, psychologist and author Gina Perry unearths for the first time the full story of this controversial experiment and its startling repercussions. Interviewing the original participants—many of whom remain haunted to this day about what they did—and delving deep into Milgram's personal archive, she pieces together a more complex picture and much more troubling picture of these experiments than was originally presented by Milgram. Uncovering the details of the experiments leads her to question the validity of that 65 percent statistic and the claims that it revealed something essential about human nature. Fleshed out with dramatic

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transcripts of the tests themselves, the book puts a human face on the unwitting people who faced the moral test of the shock machine and offers a gripping, unforgettable tale of one man's ambition and an experiment that defined a generation.

In this fascinating look at the race to secure the global food supply, environmental journalist and professor Amanda Little tells the defining story of the sustainable food revolution as she weaves together stories from the world's most creative and controversial innovators on the front lines of food science, agriculture, and climate change. Climate models show that global crop production will decline every decade for the rest of this century due to drought, heat, and flooding. Water supplies are in jeopardy. Meanwhile, the world's population is expected to grow another 30 percent by midcentury. So how, really, will we feed nine billion people sustainably in the coming decades? Amanda Little, a professor at Vanderbilt University and an award-winning journalist, spent three years traveling through a dozen countries and as many U.S. states in search of answers to this question. Her journey took her from an apple orchard in Wisconsin to a remote control organic farm in Shanghai, from Norwegian fish farms to famine-stricken regions of Ethiopia. The race to reinvent the global food system is on, and the challenge is twofold: We must solve the existing problems of industrial agriculture while also preparing for the pressures ahead. Through her interviews and adventures with farmers, scientists, activists, and engineers, Little tells the fascinating story of human innovation and explores new and old approaches to food production while charting the growth of a movement that could redefine sustainable food on a grand scale. She meets small permaculture farmers

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and "Big Food" executives, botanists studying ancient superfoods and Kenyan farmers growing the country's first GMO corn. She travels to places that might seem irrelevant to the future of food yet surprisingly play a critical role--a California sewage plant, a U.S. Army research lab, even the inside of a monsoon cloud above Mumbai. Little asks tough questions: Can GMOs actually be good for the environment--and for us? Are we facing the end of animal meat? What will it take to eliminate harmful chemicals from farming? How can a clean, climate-resilient food supply become accessible to all? Throughout her journey, Little finds and shares a deeper understanding of the threats of climate change and encounters a sense of awe and optimism about the lessons of our past and the scope of human ingenuity.

My Biggest Research Mistake: Adventures and Misadventures in Psychological Research helps students and professionals in the field of psychological science learn from the diverse mistakes of successful scientists. Through 57 personal stories drawn from the experiences of fellows in the Association for Psychological Science (APS), editor Robert J. Sternberg presents the mistakes of experts in the field as opportunities for learning, allowing students to avoid making the same mistakes in their own work.

When "man is the measure of all things," woman is forever trying to measure up. In this enlightening book, Carol Tavis unmaskes the widespread but invisible custom -- pervasive in the social sciences, medicine, law, and history -- of treating men as the normal standard, women as abnormal. Tavis expands our vision of normalcy by illuminating the similarities between women and men and showing that the real differences lie not in gender, but in power, resources, and life experiences. Winner of the American Association for Applied and Preventive Psychology's Distinguished Media Contribution Award

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A NEW EDITION UPDATED IN 2020 • Why is it so hard to say "I made a mistake" — and really believe it? When we make mistakes, cling to outdated attitudes, or mistreat other people, we must calm the cognitive dissonance that jars our feelings of self-worth. And so, unconsciously, we create fictions that absolve us of responsibility, restoring our belief that we are smart, moral, and right—a belief that often keeps us on a course that is dumb, immoral, and wrong. Backed by decades of research, *Mistakes Were Made (But Not by Me)* offers a fascinating explanation of self-justification—how it works, the damage it can cause, and how we can overcome it. Extensively updated, this third edition has many recent and revealing examples, including the application of dissonance theory to divisive social issues such as the Black Lives Matter movement and he said/she said claims. It also features a new chapter that illuminates how cognitive dissonance is playing a role in the currently polarized political scene, changing the nation's values and putting democracy itself at risk. "Every page sparkles with sharp insight and keen observation. Mistakes were made—but not in this book!" —Daniel Gilbert, author of *Stumbling on Happiness* "A revelatory study of how lovers, lawyers, doctors, politicians—and all of us—pull the wool over our own eyes . . . Reading it, we recognize the behavior of our leaders, our loved ones, and—if we're honest—ourselves, and some of the more perplexing mysteries of human nature begin to seem a little clearer." —Francine Prose, *O, The Oprah Magazine*

Laura Loss came of age in the hardcore punk scene of the early 1980s. The jailbait bass player in her brother Anthony's band, she grew up traveling the country, playing her heart out in a tight network of show venues to crowds soaked in blood and sweat. The band became notorious, the stars of a shadow music industry. But when Laura was 18, it all fell apart.

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Anthony's own fans destroyed him, something which Laura never forgot. Ten years later, Laura finds her true fame with the formation of The Mistakes, a gifted rock band that bursts out of '90s Seattle to god-like celebrity. When she discovered Nathan and Sean, the two flannel-clad misfits who, along with her, composed the band, she instantly understood that Sean's synesthesia—a blending of the senses that allows him to "see" the music—infused his playing with an edge that would take them to the top. And it did. But it, along with his love for Laura, would also be their downfall. At the moment of their greatest fame, the volatile bonds between the three explode in a mushroom cloud of betrayal, deceit, and untimely endings. The world blames Laura for destroying its rock heroes. Hated by the fans she's spent her life serving, she finally tells her side of the story, the "true" story, of the rise and fall of The Mistakes.

Renowned social psychologists Carol Tavis and Elliot Aronson take a compelling look into how the brain is wired for self-justification. When we make mistakes, we must calm the cognitive dissonance that jars our feelings of self-worth. And so we create fictions that absolve us of responsibility, restoring our belief that we are smart, moral, and right—a belief that often keeps us on a course that is dumb, immoral, and wrong.

Mistakes Were Made (but Not by Me) Third Edition Why We Justify Foolish Beliefs, Bad Decisions, and Hurtful Acts Houghton Mifflin Harcourt

How does a boy from a financially and intellectually impoverished background grow up to become a Harvard researcher, win international acclaim for his groundbreaking work, and catch fire as a pioneering psychologist? As the only person in the history of the American Psychological Association to have won all three of its highest honors—for distinguished research, teaching, and writing—Elliot Aronson is living proof that humans are capable of

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capturing the power of the situation and conquering the prison of personality. A personal and compelling look into Aronson's profound contributions to the field of social psychology, *Not by Chance Alone* is a lifelong story of human potential and the power of social change.

Beatrice is so well-known for never making a mistake that she is greeted each morning by fans and reporters, but a near-error on the day of the school talent show could change everything.

The old saying goes, "To the man with a hammer, everything looks like a nail." But anyone who has done any kind of project knows a hammer often isn't enough. The more tools you have at your disposal, the more likely you'll use the right tool for the job - and get it done right. The same is true when it comes to your thinking. The quality of your outcomes depends on the mental models in your head. And most people are going through life with little more than a hammer. Until now. *The Great Mental Models: General Thinking Concepts* is the first book in *The Great Mental Models* series designed to upgrade your thinking with the best, most useful and powerful tools so you always have the right one on hand. This volume details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making, productivity, and how clearly you see the world. You will discover what forces govern the universe and how to focus your efforts so you can harness them to your advantage, rather than

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fight with them or worse yet- ignore them. Upgrade your mental toolbox and get the first volume today. AUTHOR BIOGRAPHY Farnam Street (FS) is one of the world's fastest growing websites, dedicated to helping our readers master the best of what other people have already figured out. We curate, examine and explore the timeless ideas and mental models that history's brightest minds have used to live lives of purpose. Our readers include students, teachers, CEOs, coaches, athletes, artists, leaders, followers, politicians and more. They're not defined by gender, age, income, or politics but rather by a shared passion for avoiding problems, making better decisions, and lifelong learning. AUTHOR HOME Ottawa, Ontario, Canada

To err is human. Yet most of us go through life assuming (and sometimes insisting) that we are right about nearly everything, from the origins of the universe to how to load the dishwasher. In *Being Wrong*, journalist Kathryn Schulz explores why we find it so gratifying to be right and so maddening to be mistaken. Drawing on thinkers as varied as Augustine, Darwin, Freud, Gertrude Stein, Alan Greenspan, and Groucho Marx, she shows that error is both a given and a gift—one that can transform our worldviews, our relationships, and ourselves.

Have you ever wondered why some people seem to catch all the breaks and win

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over and over again? What do the super successful know? What is standing between you and your wildest dreams? The Book of Mistakes will take you on an inspiring journey, following an ancient manuscript with powerful lessons that will transform your life. You'll meet David, a young man who with each passing day is more disheartened and stressed. Despite a decent job, apartment, and friends, he just feels hollow . . . until one day he meets a mysterious young woman and everything starts to change. In this self-help tale wrapped in fiction, you'll learn the nine mistakes that prevent many from achieving their goals. You'll learn how to overcome these hurdles and reinvent your life. This success parable is packed with wisdom that will help you discover and follow your personal purpose, push beyond your perceived capabilities, and achieve more than you ever dreamed possible. You'll find yourself returning again and again to a deceptively simple story that teaches actionable insights and enduring truths.

Every couple has arguments, but what happens when recurring battles begin to feel like full-scale war? Do you retreat in hurt and angry silence, hoping that a spouse who "just doesn't get it" will eventually see things your way? Spend the time between skirmishes gathering evidence that you're right? Demand some immediate changes--or else? Whether due to innate personality traits or emotional vulnerabilities, there are some aspects of our behavior that are difficult

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to alter. But these differences do not have to get in the way of healthy, happy, and long-lasting romance. This practical guide offers new solutions for couples frustrated by continual attempts to make each other change. Aided by thought-provoking exercises and lots of real-life examples, readers will learn why they keep having the same fights again and again; how to keep small incompatibilities from causing big problems; and how true acceptance can restore health to their relationships.

A top neurologist explains the difficulty of diagnosing brain diseases through such cases as a college quarterback who keeps calling the same play and a salesman who continuously drives around a traffic circle.

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