



The Science of Optimism: Why We're Hard-Wired for Hope

Tali Sharot

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We all like to think of ourselves as rational creatures who smartly prepare for the worst. We watch our backs, weigh the odds, and pack an umbrella when the skies look threatening. But although we take such sensible precautions, we generally expect things to turn out pretty well — often better than they usually do. This belief that the future will probably be much better than the past and present is known as the optimism bias, and most of us have it. Why? Tali Sharot's 'The Science of Optimism' delves into the biological reaction as to why we are hard-wired for hope, exploring the advantages (and disadvantages) of our optimistic nature, as well as what makes people content and why. She delves into fresh research that explores the part of the brain where optimism lives, providing fresh and surprising biological and cultural reasons as to why we all generally expect sunny skies ahead.



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