

best psychology books reddit

best psychology books reddit consistently highlights a diverse range of highly recommended titles that cater to students, professionals, and enthusiasts alike. Reddit's psychology communities, such as r/psychology and r/booksuggestions, offer valuable insights into the most influential and accessible texts in the field. These books cover foundational theories, contemporary research, cognitive science, behavioral psychology, and applied techniques. This article explores the best psychology books recommended on Reddit, emphasizing their relevance, readability, and contribution to understanding human behavior. Whether seeking academic depth or practical knowledge, these selections provide comprehensive perspectives. The following sections delve into classic literature, modern breakthroughs, specialized subfields, and guides for beginners. This structure aims to assist readers in navigating the complex landscape of psychological literature while optimizing for the best psychology books reddit keyword and related terms.

- Classic Psychology Books Frequently Recommended on Reddit
- Modern and Contemporary Psychology Books
- Specialized Psychology Books for Niche Interests
- Beginner-Friendly Psychology Books Suggested by Reddit Users
- Tips for Choosing the Best Psychology Books on Reddit

Classic Psychology Books Frequently Recommended on Reddit

Reddit users often point to classic psychology books as essential reads for understanding the foundations of psychological science. These works have shaped the discipline and continue to influence contemporary research and practice. Their timeless nature and rigorous exploration of theories make them staples in many recommended reading lists. Classics also provide historical context that enriches comprehension of modern psychological concepts.

Foundational Texts and Their Impact

Books like "Thinking, Fast and Slow" by Daniel Kahneman and "Man's Search for Meaning" by Viktor Frankl are repeatedly cited for their profound insights into cognition and existential psychology. These books blend research findings with real-world applications, offering readers a deep dive into human thought processes and motivation.

Notable Classics Frequently Mentioned

- "The Interpretation of Dreams" by Sigmund Freud – Pioneering psychoanalytic theory.
- "Behaviorism" by John B. Watson – Foundation of behaviorist psychology.
- "Principles of Psychology" by William James – Early comprehensive psychological theories.
- "Influence: The Psychology of Persuasion" by Robert Cialdini – Explores social influence techniques.
- "The Psychology of Learning" by B.F. Skinner – Operant conditioning and behavior modification.

Modern and Contemporary Psychology Books

In addition to classics, Reddit communities emphasize modern and contemporary psychology books that reflect current research trends and evolving theories. These books address advances in neuroscience, cognitive psychology, and applied psychology, offering readers updated perspectives and practical tools.

Books Highlighting Neuroscience and Cognitive Psychology

Contemporary works such as "Behave: The Biology of Humans at Our Best and Worst" by Robert Sapolsky provide comprehensive analysis of the biological underpinnings of behavior. Similarly, "The Power of Habit" by Charles Duhigg examines how habits form and influence daily life, integrating findings from various psychological disciplines.

Popular Modern Titles on Reddit

- "Thinking, Fast and Slow" by Daniel Kahneman – Nobel laureate's insight into dual-process thinking.
- "Grit" by Angela Duckworth – Exploration of passion and perseverance in success.
- "Quiet" by Susan Cain – Examination of introversion and its societal implications.
- "Emotional Intelligence" by Daniel Goleman – The role of emotional awareness in personal and professional life.
- "Atomic Habits" by James Clear – Strategies for habit formation and behavior change.

Specialized Psychology Books for Niche Interests

Reddit users also recommend specialized psychology books that cater to niche interests within the field. These books often focus on clinical psychology, developmental psychology, social psychology, or psychotherapy techniques. They provide in-depth knowledge for readers seeking expertise in specific areas.

Clinical and Counseling Psychology Literature

Books such as "The Body Keeps the Score" by Bessel van der Kolk explore trauma's impact on the brain and body, offering valuable insights for clinicians and those interested in mental health. "Motivational Interviewing" by William R. Miller provides practical guidance for therapeutic communication.

Developmental and Social Psychology Focus

Works like "Social: Why Our Brains Are Wired to Connect" by Matthew Lieberman address social cognition and interpersonal behavior. "Mindset" by Carol Dweck investigates how beliefs about abilities influence motivation and achievement.

Examples of Specialized Books Recommended on Reddit

- "The Body Keeps the Score" by Bessel van der Kolk – Trauma and recovery.
- "Motivational Interviewing" by William R. Miller – Counseling techniques.
- "Mindset" by Carol S. Dweck – Fixed vs. growth mindset theories.
- "Social Intelligence" by Daniel Goleman – Understanding social interactions.
- "Attachment in Psychotherapy" by David J. Wallin – Attachment theory in clinical practice.

Beginner-Friendly Psychology Books Suggested by Reddit Users

For those new to psychology, Reddit offers numerous recommendations for accessible and engaging introductory books. These texts simplify complex theories and provide clear explanations suitable for general readers or students just starting their exploration of psychology.

Characteristics of Beginner-Friendly Books

Beginner-friendly psychology books often feature straightforward language, relatable examples, and practical applications. They aim to build foundational knowledge without overwhelming the reader with technical jargon or advanced research methodologies.

Top Beginner Recommendations on Reddit

- "Psychology Made Simple" by Richard J. Gerrig – Concise overview of key concepts.
- "The Psychology Book" by DK Publishing – Visual and easy-to-understand summaries.
- "Mindset" by Carol Dweck – Introduces core psychological ideas in motivation.
- "Drive" by Daniel H. Pink – Exploration of human motivation and behavior.
- "Thinking, Fast and Slow" by Daniel Kahneman – Accessible insights into decision-making.

Tips for Choosing the Best Psychology Books on Reddit

Selecting the best psychology books reddit users recommend requires consideration of individual goals, interests, and reading preferences. The vast array of choices can be narrowed down by focusing on specific psychological subfields or desired outcomes, such as academic learning, self-help, or professional development.

Evaluating Recommendations and Reviews

Reddit discussions often include detailed reviews and user experiences, which can guide book selection. Look for consensus on readability, depth of content, and practical utility when considering titles.

Matching Books to Personal Objectives

Identify whether the goal is to understand psychological theory, improve mental health, or apply psychology in a career context. This clarity helps prioritize books that align with these objectives, enhancing the learning experience.

Additional Considerations When Choosing Books

- Publication date to ensure updated research.

- Author credentials and expertise.
- Balance between academic rigor and accessibility.
- Format preferences, such as print, audiobook, or e-book.
- Community feedback and ratings from Reddit and other platforms.

Frequently Asked Questions

What are some of the best psychology books recommended on Reddit?

Some of the best psychology books frequently recommended on Reddit include 'Thinking, Fast and Slow' by Daniel Kahneman, 'Influence: The Psychology of Persuasion' by Robert Cialdini, 'Man's Search for Meaning' by Viktor Frankl, 'The Power of Habit' by Charles Duhigg, and 'Behave' by Robert Sapolsky.

Are there any beginner-friendly psychology books suggested on Reddit?

Yes, beginner-friendly psychology books often suggested on Reddit include 'Psychology: The Science of Mind and Behaviour' by Richard Gross, 'Mindset' by Carol S. Dweck, and 'The Man Who Mistook His Wife for a Hat' by Oliver Sacks, which provide accessible introductions to psychological concepts.

Which psychology books help with understanding human behavior according to Reddit users?

Reddit users recommend books like 'Influence: The Psychology of Persuasion' by Robert Cialdini, 'The Power of Habit' by Charles Duhigg, and 'Predictably Irrational' by Dan Ariely for insights into human behavior and decision-making.

What are some must-read psychology books for self-improvement on Reddit?

For self-improvement, Reddit users often suggest 'Atomic Habits' by James Clear, 'Emotional Intelligence' by Daniel Goleman, and 'The Subtle Art of Not Giving a F*ck' by Mark Manson, which combine psychology with practical advice for personal growth.

Do Reddit users recommend any psychology books focused on mental health?

Yes, books such as 'Lost Connections' by Johann Hari, 'The Body Keeps the Score' by Bessel van der Kolk, and 'An Unquiet Mind' by Kay Redfield Jamison are frequently recommended on Reddit for

understanding mental health issues and trauma.

Where can I find discussions and recommendations about the best psychology books on Reddit?

You can find active discussions and recommendations on subreddits like r/psychology, r/books, r/psychologybooks, and r/selfimprovement, where users share reviews, summaries, and personal experiences with various psychology books.

Additional Resources

1. *Thinking, Fast and Slow* by Daniel Kahneman

This groundbreaking book delves into the dual systems of thought that drive our decisions: the fast, intuitive system and the slow, deliberate system. Kahneman, a Nobel laureate, explains how cognitive biases affect our judgment and decision-making. It's a must-read for anyone interested in understanding the complexities of human thought from a psychological perspective.

2. *The Power of Habit* by Charles Duhigg

Charles Duhigg explores the science behind why habits exist and how they can be changed. The book combines neuroscience, psychology, and real-life examples to show how habits shape our lives and how we can harness their power to create positive change. Readers gain practical insights into forming better habits and breaking bad ones.

3. *Man's Search for Meaning* by Viktor E. Frankl

Psychiatrist Viktor Frankl recounts his experiences as a Holocaust survivor and introduces his theory of logotherapy. The book emphasizes the human drive to find meaning, even in the most harrowing circumstances. It offers a profound psychological perspective on resilience, purpose, and the will to live.

4. *Influence: The Psychology of Persuasion* by Robert B. Cialdini

This classic book explains the key principles of persuasion and how they impact human behavior. Cialdini reveals six psychological triggers that marketers, salespeople, and others use to influence decisions. Understanding these principles helps readers become more aware of manipulation and improve their own persuasive skills.

5. *Quiet: The Power of Introverts in a World That Can't Stop Talking* by Susan Cain

Susan Cain explores the strengths and challenges of introverted individuals in a society that often values extroversion. The book blends psychology research with personal stories to highlight the unique contributions of introverts. It encourages readers to appreciate diverse personality types and rethink cultural norms.

6. *Grit: The Power of Passion and Perseverance* by Angela Duckworth

Angela Duckworth investigates the role of grit—a combination of passion and perseverance—in achieving success. Through psychological research and compelling stories, she argues that talent alone is not enough and that sustained effort is crucial. The book inspires readers to cultivate resilience and long-term commitment.

7. *Drive: The Surprising Truth About What Motivates Us* by Daniel H. Pink

Daniel Pink challenges traditional notions of motivation centered on rewards and punishments.

Drawing on psychological studies, he presents a new framework based on autonomy, mastery, and purpose. This book is valuable for understanding what truly drives human behavior in work and life.

8. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk
This influential book examines how trauma affects the brain and body, often in ways that traditional talk therapy cannot address. Bessel van der Kolk combines neuroscience, clinical practice, and patient stories to reveal paths toward healing. It is essential reading for anyone interested in trauma psychology and recovery.

9. *Emotional Intelligence: Why It Can Matter More Than IQ* by Daniel Goleman
Daniel Goleman popularizes the concept of emotional intelligence, emphasizing skills like self-awareness, empathy, and emotional regulation. The book argues that these skills are crucial for personal and professional success, often more so than traditional intelligence. It offers practical guidance for developing emotional competence.

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best psychology books reddit: *The Hidden Psychology of Social Networks: How Brands Create Authentic Engagement by Understanding What Motivates Us* Joe Federer, 2020-09-15 From the former Head of Brand Strategy at Reddit comes a proven and thought-provoking approach to the digital economy and how brands can create authentic engagement that is rooted in the fundamental motivations behind human psychology Leading marketing practitioner and thought leader Joe Federer draws on evolutionary biology, anthropology, neuroanatomy, and psychology, as well as more than a decade of hands-on experience, to explain why people act so differently in various online spaces and what they are seeking from participating in each one. With a framework based on Freud's Id, Ego, and Superego model of the human psyche, he demonstrates how the internet is a digital reflection of the collective human psyche and how different social networks correspond to different mindsets: platforms like Reddit to the unfiltered Id, Facebook and Twitter to the managed Ego, and Instagram to the ideal Superego. In the same way you behave differently when you're home alone, out with friends, communicating with family, or interacting with coworkers, people act and express themselves differently in these various online spaces. Context matters. Understanding this will enable you to develop and execute effective engagement strategies to reach your target audiences on each social network. Learn: how to create content that drives sharing and word-of-mouth how brands can fit natively into different types of social channels how to balance branded social presences across different networks why authenticity will only grow in importance to consumers Fascinating and deeply compelling, *The Hidden Psychology of Social Networks* will equip you to make vastly more efficient use of your media buys, establish more thoughtful strategies, develop better creative, and, in the end, deliver more effective marketing that provides value.

best psychology books reddit: *What Happens to Our Kids When We Fail to Grow Up* Maggie Hamilton, 2022-02-22 *What Happens to Our Kids When We Fail to Grow Up?* by bestselling author Maggie Hamilton, explains how to recognise when the child in us comes out to play, from wanting to be rescued all the time to relying on others to do the heavy lifting. With clear-eyed

analysis, Hamilton provides insightful ideas and practical tools to make us less escapist and more resilient, and to better prime our kids for health, happiness and independence in this complex world.

best psychology books reddit: The Psychology of the Car Stefan Gossling, 2017-06-16 The Psychology of the Car explores automotive cultures through the lens of psychology with the goal of achieving a low-carbon transport future. Worldwide there are now more than one billion cars, and their number grows continuously. Yet there is growing evidence that humanity needs to reach 'peak cars' as increased air pollution, noise, accidents, and climate change support a decline in car usage. While many governments agree, the car remains attractive, and endeavors to change transport systems have faced fierce resistance. Based on insights from a wide range of transport behaviors, The Psychology of the Car shows the why of automotive cultures, providing new perspectives essential for understanding its attractiveness and for defining a more desirable transport future. The Psychology of the Car illustrates the growth of global car use over time and its effect on urban transport systems and the global environment. It looks at the adoption of the car into lifestyles, the mobilities turn, and how the car impacts collective and personal identities. The book examines car drivers themselves; their personalities, preferences, and personality disorders relevant to driving. The book looks at the role power, control, dominance, speed, and gender play, as well as the interrelationship between personal freedom and law enforcement. The book explores risk-taking behaviors as accidental death is a central element of car driving. The book addresses how interventions can be successful as well as which interventions are unlikely to work, and concludes with how a more sustainable transport future can be created based on emerging transport trends. - Features deep analyses of individual and collective psychologies of car affection, moving beyond sociology-based interpretations of automobile culture - Illustrates concepts using popular culture examples that expose ideas about automobility - Shows how fewer, smaller and more environmentally friendly cars, as well as low-carbon transport modes, are more socially attractive

best psychology books reddit: Demystifying Scholarly Metrics Marc W. Vinyard, Jaimie Beth Colvin, 2022-02-25 Demystifying Scholarly Metrics gives librarians and faculty the confidence to navigate the maze of scholarly metrics, identify quality journals in which to publish, and measure the impact of scholarly works. Both librarians and professors can be overwhelmed by the bewildering number of scholarly metrics. This user-friendly book demystifies them, helping librarians become familiar with scholarly metrics and giving them the confidence to assist faculty at their institutions. It also equips faculty authors with the knowledge to evaluate journals and use metrics to track their scholarly impact. Several controversies exist in the scholarly metrics landscape, including a disagreement between the proponents of altmetrics and traditional bibliometrics. Even more contentious debates are breaking out over predatory journals and open access publishing. Authors Mark Vinyard and Jaimie Beth Colvin, who successfully launched a faculty publishing initiative, explain which aspects of metrics are truly essential to grasp, and they place these numbers in context. They help readers identify the metrics that are the best fit for their scholarship and give librarians and professors the tools to make smart decisions in this changing scholarly metrics landscape.

best psychology books reddit: The Psychology of Sub-Culture in Sport and Physical Activity Robert J. Schinke, Kerry R. McGannon, 2014-08-21 International Perspectives on Key Issues in Sport and Exercise Psychology is a series of edited books, with a global focus, which reflect the state of art in areas of current and emerging interest in the study of sport and exercise psychology. Each volume in the series contributes to the better understanding of a key issue facing researchers and practitioners in sport psychology. This volume in the series focuses upon the sociocultural issues that challenge and often undermine participation, performance, and well-being in sports. Contributors address a number of important issues, such as exclusion, miscommunication, and ineffective practice in sport. The book extends the recent interest in culture within sport psychology by using a critical approach to highlight less mainstream sports such as martial arts, circus arts, extreme sports, and dance, and it will help sports participants and social scientists to gain an understanding of these marginalized sporting identities. By highlighting subcultural contexts, with

their individual practices and values, it is hoped that the volume will promote the goal of achieving a more just, inclusive, and ethical sport psychology. The Psychology of Sub-Culture in Sport and Physical Activity will be ideal reading for sport and exercise academics and practitioners, advanced students of applied sport psychology, and related fields such as sport science, critical studies, sociology, cultural studies and social anthropology.

best psychology books reddit: Unf*ckology Amy Alkon, 2018-01-23 The world today is very different from the one in which Emily Post came of age. Many people who are nice (but who also sometimes say 'f*ck') are frequently at a loss for guidelines about how to be a good person who deals effectively with the increasing onslaught of rudeness encountered. To lead people out of the miasma of modern mannerlessness, science-based and bitingly funny syndicated advice columnist Amy Alkon rips the doily off the manners genre and gives listeners a new set of rules for their twenty-first century lives. With wit, style, and a dash of snark, Alkon explains that people now live in societies too big for their brains, lacking the constraints on bad behavior that people had in the small bands they evolved in. Alkon shows how people can reimpose those constraints, avoid being one of the rude, and stand up to those who are.

best psychology books reddit: Social Equations Crystal Kadakia, Janette Williams, 2022-11-01 Mastering everyday social dynamics for technical professionals Those in STEM fields are charged with driving innovation. In the workplace, whether you are a young professional or an experienced leader, you face the challenge of navigating complex social dynamics, not only of applying your technical expertise. Social Equations uniquely positions you to understand these social challenges through a technical lens. When you focus only on the technical side, you operate in a silo that has limited impact and encounter many roadblocks, seemingly from others. However, sometimes you're the roadblock! To make a difference on a large scale, you must be able to understand, work with, and influence others. This essential guide is organized by the challenges you face as a person, in relationships, in teams, in leading teams, and in leading teams of teams. Over time, use this guide to grow your capability. When you run into a problem, simply turn to the topic you need, such as managing your reactions, inviting people in, navigating conflict, leading vs. doing, and navigating internal politics. Drawing on concepts from business, organizational development, and social psychology, authors Kadakia and Williams explain these social dynamics using scientific analogies, fictional anecdotes, and reflection exercises. Social Equations empowers you, as a STEM professional and social innovator, to become a collaborative leader driving impactful change.

best psychology books reddit: Laughing My Way to a Better Life! Debra L. Gridley, 2021-04-12 A good life is when you smile often, dream big, laugh a lot, and realize how blessed you are for what you have. If you are an introvert or someone who experiences bouts of depression, do you want to laugh more and be more engaging with people in your life? If so, then this book is for you. I hope some of these stories, poems, and facts about overcoming deep challenges may encourage you too. Ralph Waldo Emerson says, The only person you are destined to become is the person you decide to be. I have researched the Bible and other sources on laughter. In this book, I share personal stories that will have you seeking more avenues on how to laugh yourself out of times that are most difficult. Even with depression or anxiety, you can make changes that create a positive spin in your life. Laughter is necessary to our well-being and to our aliveness. Some people think it is a waste of time. They say it's something to indulge in only sporadically. I say: laughter every day keeps the doctor away. If you are not well, laughter helps us to get better; if we are well, it helps us to stay well. Choosing to laugh gives us power to affect how we feel.

best psychology books reddit: Handbook of Social Psychology Jan E. Stets, Karen A. Hegtvedt, Long Doan, 2025-09-26 This third edition of the highly successful handbook is presented for the first time in two volumes, covering the field of social psychology more comprehensively than earlier, including applying social psychology to different areas in sociology. It showcases the dynamics of social psychological phenomena across the micro level (Volume 1), and meso and macro levels of social reality (Volume 2). The reader will see how social psychology can be leveraged at the interactive level, within groups and larger units, and across many aspects of society, thus showing

the expansiveness of social psychology in understanding social behavior, social organization, and social structures. The emphasis in Volume 1 rests on theoretical frameworks for processes occurring within individuals and among interacting individuals. The chapters span fundamental principles pertaining to the social construction of meaning, identity, emotions, language, and social cognition, and the structure and dynamics unfolding in interactions characterized by status, social exchange, network linkages, and justice. A shorter chapter, offering an empirical illustration, complements each theoretically oriented chapter. Together, the two volumes provide the reader with theoretical tools useful in understanding the basics of individual behavior, while highlighting how social psychological processes emerge in a variety of contexts. The connections among micro, meso, and macro levels, through the lens of social psychology, forge new pathways to understanding the various forms of inequality plaguing the social world.

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best psychology books reddit: Hard To Do Kelli María Korducki, 2018-05-22 From Jane Austen to Taylor Swift, a look at the surprising politics of romantic love and its dissolution. Whatever the underlying motives – be they love, financial security, or mere masochism – the fact is that getting involved in a romantic partnership is emotionally, morally, and even politically fraught. In *Hard To Do*, Kelli María Korducki turns a Marxist lens on the relatively short history of romantic partnership, tracing how the socio-economic dynamics between men and women have transformed the ways women conceive of domestic partnership. With perceptive, reported insights on the ways marriage and divorce are legislated, the rituals of twentieth-century courtship, and contemporary practices for calling it off, Korducki reveals that, for all women, choosing to end a relationship is a radical action with very limited cultural precedent.

best psychology books reddit: *Powers of Two* Joshua Wolf Shenk, 2014-08-05 The power of collaboration, from Lennon and McCartney to Wozniak and Jobs: “An inspiring book that also happens to be a great read” (Daniel H. Pink, author of *Drive*). Throughout history, partners have buoyed each other to better work—though often one member is little known to the general public. (See Warren Buffett and Charlie Munger, or Vincent and Theo van Gogh.) *Powers of Two* draws on neuroscience, social psychology, and cultural history to present the social foundations of creativity, with the pair as its primary embodiment. Revealing the six essential stages through which creative intimacy unfolds, this book shows how pairs begin to talk, think, and even look like each other; how the most successful ones thrive on conflict; and why some cease to work together while others carry on. At once intuitive and deeply surprising, *Powers of Two* will reshape the way you view individuals, relationships, and society itself. “A rare glimpse into the private realms of duos . . . A natural storyteller.” —The New York Times “A book about magic, about the Beatles, about the chemistry between people, about neuroscience, and about the buddy system; it examines love and hate, harmony and dissonance, and everything in between . . . Wise, funny, surprising, and completely engrossing.” —Susan Orlean “We sometimes think of creativity as coming from brilliant loners. In fact, it more often happens when bright people pair up and complement each other. Shenk’s

fascinating book shows how to spark the power of this phenomenon.” —Walter Isaacson “Surprising, compelling . . . Shenk banishes the idea of solitary genius by demonstrating that our richest art and science come from collaboration: we need one another not only for love, but also for thinking and imagining and growing and being.” —Andrew Solomon

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understand how ant behavior has revolutionized the way computer programs, robots, movies, and video games are designed today. You will come away with an understanding of engineering and Nature unlike any you've had before, while taking your ability to engage students to a whole new level. Engineering Education for the Next Generation is a wonderful introduction to the topic for any teacher who wants to understand more about engineering design in particular, its relation to the larger subjects of STEM/STEAM, and how to engage students from all backgrounds in a way that meaningfully transforms their outlook on the world and their own creativity in a lifelong way. · Fun to read, comprehensive exploration of cutting-edge approaches to K-12 engineering education · Detailed descriptions and explanations to help teachers create activities and lessons · An emphasis on engaging students with broad and diverse interests and backgrounds · Insights from a leading, award-winning K-12 engineering curriculum that has reached thousands of teachers and students in the U.S. and beyond · Additional support website (www.LearningWithNature.org) providing more background, videos, curricula, slide decks, and other supplemental materials

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best psychology books reddit: The Scout Mindset Julia Galef, 2021-04-13 ...an engaging and enlightening account from which we all can benefit.—The Wall Street Journal A better way to combat knee-jerk biases and make smarter decisions, from Julia Galef, the acclaimed expert on rational decision-making. When it comes to what we believe, humans see what they want to see. In other words, we have what Julia Galef calls a soldier mindset. From tribalism and wishful thinking, to rationalizing in our personal lives and everything in between, we are driven to defend the ideas we most want to believe—and shoot down those we don't. But if we want to get things right more often, argues Galef, we should train ourselves to have a scout mindset. Unlike the soldier, a scout's goal isn't to defend one side over the other. It's to go out, survey the territory, and come back with as accurate a map as possible. Regardless of what they hope to be the case, above all, the scout wants to know what's actually true. In *The Scout Mindset*, Galef shows that what makes scouts better at getting things right isn't that they're smarter or more knowledgeable than everyone else. It's a handful of emotional skills, habits, and ways of looking at the world—which anyone can learn. With fascinating examples ranging from how to survive being stranded in the middle of the ocean, to how Jeff Bezos avoids overconfidence, to how superforecasters outperform CIA operatives, to Reddit threads and modern partisan politics, Galef explores why our brains deceive us and what we can do to change the way we think.

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