



Thinking, Fast and Slow: by Daniel Kahneman | A Concise Summary & Analysis

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What you get from an Adept Summary & Analysis:

- An overview of the entire book
- Key takeaways from the book
- Easily accessible, easy to remember information
- Actionable and new ideas

A preview:

We think that we are in control of our minds and our bodies. The decisions that we make may have been based on some unique beliefs and are weighed through alternatives, discussions, and choices are made which are based on our better judgment. These choices ultimately determine our behavior. This is what the author of the book calls system 2. He says that this type of thinking is actually much more influenced by system 1 than any of us would truly like to admit. The terms themselves (systems 1 and 2) were coined by two psychologists, Keith Stanovich and Richard West.

System 1, unlike system 2, is both unconscious and automatic. It goes unnoticed. It is passive rather than active. It takes place in the background of our mind and is something that we don't directly control. It is used to form some quick impressions about what is going on around us based on environmental stimuli that are coming into our brains. It is used to look for information that is important to the biological needs that all of us have, such as survival or reproduction. This means that it is constantly looking for opportunities to advance and it is always on the lookout for dangers as well. If nothing is detected of note, system 1 will stay quiet and it will be at ease. It goes on with business the way everything normally is. If something of importance is seen, however, and true emergencies, as we all know, do not arise that often, then it calls for some kind of immediate action. In the environment that we evolved in, this was extremely important. In the modern world, on the other hand, this is not that big a concern because we don't see life threatening danger all that often. The brain, however, keeps churning out those impressions just as it always has.

There is only so much information that is available to us or system 1 at any given moment. Even with that knowledge in mind, system 1 is consistently expected to come up with the most accurate depiction of what is going on at every given time as quickly as possible. To do this, system 1 will take a few short cuts and make some educated guesses. These guesses are wrong every now and then, and it is best for system 1 to try and err on the cautious side as often as it possible can. Let's look at how system 1 works...

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Kelly Thompson:

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