



# The Optimism Bias: A Tour of the Irrationally Positive Brain

*Tali Sharot*

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Psychologists have long been aware that most people maintain an irrationally positive outlook on life. Tali Sharot—one of the most innovative neuroscientists at work today—takes this a step further. Optimism, she shows, may in fact be crucial to our existence.

In this absorbing exploration, Sharot takes an in-depth, clarifying look at

- how the brain generates hope and what happens when it fails
- how the brains of optimists and pessimists differ
- why we are terrible at predicting what will make us happy
- how emotions strengthen our ability to recollect
- how anticipation and dread affect us
- how our optimistic illusions affect our financial, professional, and emotional decisions

With its cutting-edge science and its wide-ranging narrative, *The Optimism Bias* provides us with startling new insight into the workings of the brain and the major role that optimism plays in determining how we live our lives.

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