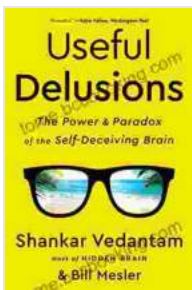


The Power and Paradox of the Self-Deceiving Brain

By [Author's Name]

We all lie to ourselves. It's a fact of life. We tell ourselves we're going to eat healthy, even though we know we're going to Free Download a pizza. We tell ourselves we're going to work hard, even though we know we're going to procrastinate. And we tell ourselves we're happy, even though we're secretly miserable.



Useful Delusions: The Power and Paradox of the Self-Deceiving Brain by Shankar Vedantam

★★★★☆ 4.5 out of 5

Language	: English
File size	: 1286 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 259 pages



Self-deception is a powerful force in our lives. It can help us to achieve our goals, to protect our self-esteem, and to cope with difficult situations. But it can also lead to negative consequences, such as addiction, depression, and relationship problems.

In *The Power and Paradox of the Self-Deceiving Brain*, neuroscientist [Author's Name] explores the hidden forces that drive our self-deception. He reveals how our brains are wired to deceive ourselves, and how this can lead to both positive and negative outcomes.

Drawing on the latest research in neuroscience, psychology, and behavioral economics, [Author's Name] shows how self-deception can help us to:

- Achieve our goals
- Protect our self-esteem
- Cope with difficult situations
- Make better decisions

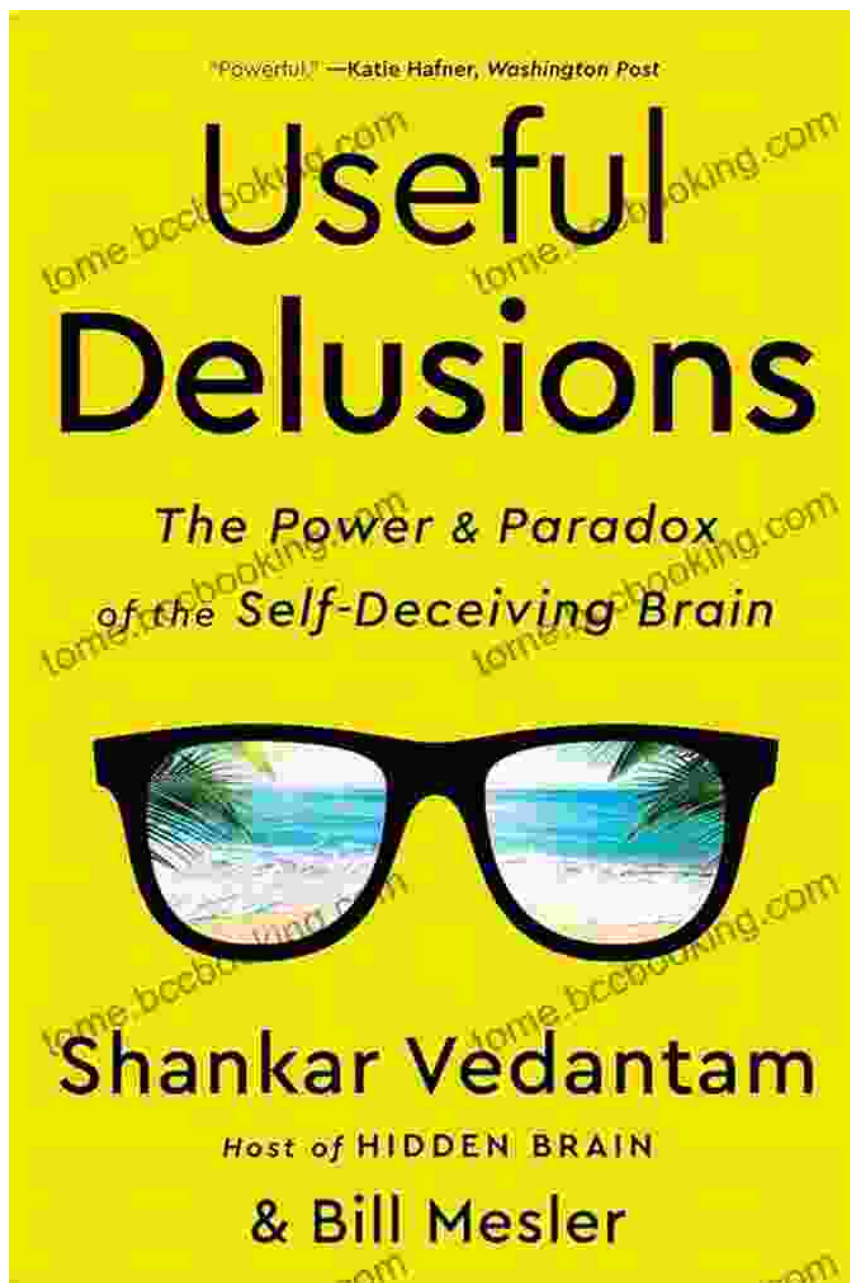
But [Author's Name] also shows how self-deception can lead to negative consequences, such as:

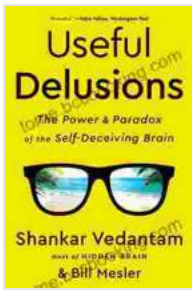
- Addiction
- Depression
- Relationship problems
- Financial problems
- Health problems

Ultimately, the power and paradox of the self-deceiving brain is that it can be both a blessing and a curse. It can help us to achieve our goals and to cope with difficult situations. But it can also lead to negative consequences if we're not careful.

The Power and Paradox of the Self-Deceiving Brain is a groundbreaking new book that will change the way you think about yourself and the world around you. It's a must-read for anyone who wants to understand the hidden forces that drive our behavior and decision-making.

Free Download your copy today!

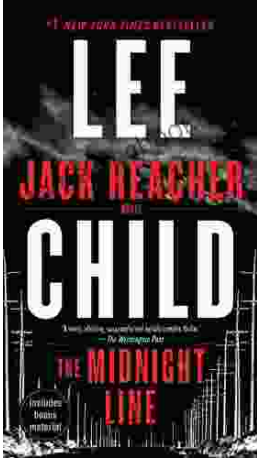




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