



Kidding Ourselves: The Hidden Power of Self-Deception

By Joseph T. Hallinan

Download now

Read Online →

Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan

From the Pulitzer Prize-winning journalist and author of *Why We Make Mistakes*, an illuminating exploration of human beings' astonishing ability to deceive themselves.

To one degree or another, we all misjudge reality. Our perception—of ourselves and the world around us—is much more malleable than we realize. This self-deception influences every major aspect of our personal and social life, including relationships, sex, politics, careers, and health.

In *Kidding Ourselves*, Joseph Hallinan offers a nuts-and-bolts look at how this penchant shapes our everyday lives, from the medicines we take to the decisions we make. It shows, for instance, just how much the power of many modern medicines, particularly anti-depressants and painkillers, is largely in our heads. Placebos in modern-day life extend beyond hospitals, to fake thermostats and “elevator close” buttons that don’t really work...but give the perception that they do.

Kidding Ourselves brings together a variety of subjects, linking seemingly unrelated ideas in fascinating and unexpected ways. And ultimately, it shows that deceiving ourselves is not always negative or foolish. As increasing numbers of researchers are discovering, it can be incredibly useful, providing us with the resilience we need to persevere, in the boardroom, bedroom, and beyond.

Provocative, accessible, and easily applicable to multiple facets of everyday life, *Kidding Ourselves* is an extraordinary new exploration of our mind’s flexibility.

↓ [Download Kidding Ourselves: The Hidden Power of Self-Decept ...pdf](#)

📄 [Read Online Kidding Ourselves: The Hidden Power of Self-Dece ...pdf](#)

Kidding Ourselves: The Hidden Power of Self-Deception

By Joseph T. Hallinan

Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan

From the Pulitzer Prize-winning journalist and author of *Why We Make Mistakes*, an illuminating exploration of human beings' astonishing ability to deceive themselves.

To one degree or another, we all misjudge reality. Our perception—of ourselves and the world around us—is much more malleable than we realize. This self-deception influences every major aspect of our personal and social life, including relationships, sex, politics, careers, and health.

In *Kidding Ourselves*, Joseph Hallinan offers a nuts-and-bolts look at how this penchant shapes our everyday lives, from the medicines we take to the decisions we make. It shows, for instance, just how much the power of many modern medicines, particularly anti-depressants and painkillers, is largely in our heads. Placebos in modern-day life extend beyond hospitals, to fake thermostats and “elevator close” buttons that don’t really work...but give the perception that they do.

Kidding Ourselves brings together a variety of subjects, linking seemingly unrelated ideas in fascinating and unexpected ways. And ultimately, it shows that deceiving ourselves is not always negative or foolish. As increasing numbers of researchers are discovering, it can be incredibly useful, providing us with the resilience we need to persevere, in the boardroom, bedroom, and beyond.

Provocative, accessible, and easily applicable to multiple facets of everyday life, *Kidding Ourselves* is an extraordinary new exploration of our mind’s flexibility.

Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan Bibliography

- Rank: #1193521 in Books
- Published on: 2014-05-20
- Released on: 2014-05-20
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 1.00" w x 5.70" l, .84 pounds
- Binding: Hardcover
- 272 pages

 [Download Kidding Ourselves: The Hidden Power of Self-Decept ...pdf](#)

 [Read Online Kidding Ourselves: The Hidden Power of Self-Dece ...pdf](#)

Download and Read Free Online Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan

Editorial Review

Review

“Fascinating...an exploration of our mind’s ability to conjure its own reality. [Hallinan] entertains and provokes in equal measure. And his point is an important one: Our mind is a powerful thing.”

—*New York Times* Book Review

“In this brilliant and delightful expose of recent psychological research, Hallinan reveals that self-deception is also a potent drug for boosting hope, confidence, and creativity. For those of us who have lived by Feynman's first principle, that you must not fool yourself, this provocative book is a shocking and encouraging eye-opener: good things can happen if we just shut up, relax, and *believe*.”

—Leonard Mlodinow, bestselling author of *Subliminal* and *The Drunkard’s Walk*

“Hallinan works in territory similar to Malcolm Gladwell’s: giving fresh twists to familiar assumptions, showing that conventional wisdom may be more conventional than wise. ... A genial, occasionally glib guide to both the positive and negative effects of self-delusion.”

—*Kirkus Reviews*

“Accessible pop science that provides a good laugh and some great dinner conversation.”

—*Publishers Weekly*

“Well-documented and approachable...particularly insightful...a well-researched and accessibly written book on the flexibility of human perception and belief.”

—*Library Journal*

Praise for Joseph T. Hallinan’s *Why We Make Mistakes*

“What an eye-opener!...Hallinan cites numerous studies and experts, but he keeps the book from becoming a stodgy recitation of facts and statistics through the frequent use of illustrative examples and snappy prose. He also throws in a few big surprises....A vastly informative, and for some readers vastly reassuring, exploration of the way our minds work.”

—*Booklist* (starred review)

“[I]mpressive...intriguing...a lesson in humility as much as human behavior, Hallinan's study should help readers understand their limitations and how to work with them.”

—*Publishers Weekly*

“Entertains while it informs. Hallinan brings the science of human behavior to life, showing how it applies to us every day.”

—Don Norman, author of *The Design of Everyday Things*

About the Author

JOSEPH T. HALLINAN, a former writer for *The Wall Street Journal*, is a winner of the Pulitzer Prize and a former Nieman Fellow at Harvard University. He lives in Chicago with his wife and three children.

Users Review

From reader reviews:

Alex Lynch:

The book *Kidding Ourselves: The Hidden Power of Self-Deception* make you feel enjoy for your spare time. You need to use to make your capable far more increase. Book can to be your best friend when you getting stress or having big problem using your subject. If you can make studying a book *Kidding Ourselves: The Hidden Power of Self-Deception* to be your habit, you can get much more advantages, like add your personal capable, increase your knowledge about some or all subjects. It is possible to know everything if you like wide open and read a guide *Kidding Ourselves: The Hidden Power of Self-Deception*. Kinds of book are several. It means that, science publication or encyclopedia or other folks. So , how do you think about this reserve?

Elnora Perry:

What do you consider book? It is just for students since they're still students or the item for all people in the world, the actual best subject for that? Simply you can be answered for that question above. Every person has distinct personality and hobby for each and every other. Don't to be pressured someone or something that they don't need do that. You must know how great as well as important the book *Kidding Ourselves: The Hidden Power of Self-Deception*. All type of book could you see on many solutions. You can look for the internet options or other social media.

Cheryl Fenske:

The e-book with title *Kidding Ourselves: The Hidden Power of Self-Deception* has a lot of information that you can study it. You can get a lot of gain after read this book. This kind of book exist new expertise the information that exist in this book represented the condition of the world right now. That is important to yo7u to know how the improvement of the world. This particular book will bring you with new era of the globalization. You can read the e-book on the smart phone, so you can read that anywhere you want.

Marsha Young:

It is possible to spend your free time to see this book this publication. This *Kidding Ourselves: The Hidden Power of Self-Deception* is simple to create you can read it in the recreation area, in the beach, train in addition to soon. If you did not have got much space to bring typically the printed book, you can buy the e-book. It is make you simpler to read it. You can save the book in your smart phone. Therefore there are a lot of benefits that you will get when you buy this book.

Download and Read Online *Kidding Ourselves: The Hidden Power*

of Self-Deception By Joseph T. Hallinan #1CGXQ0N8BKV

Read Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan for online ebook

Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan books to read online.

Online Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan ebook PDF download

Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan Doc

Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan Mobipocket

Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan EPub

1CGXQ0N8BKV: Kidding Ourselves: The Hidden Power of Self-Deception By Joseph T. Hallinan