

## Kidding Ourselves: The Hidden Power of Self-Deception



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 minds' flexibility.

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Hallinans new book, *Kidding Ourselves: The Hidden Power of Self-Deception*. Like other books that remind us **Kidding Ourselves: The Hidden Power of Self-Deception - Amazon UK** Buy *Kidding Ourselves: The Hidden Power of Self-Deception* by Joseph T. Hallinan (2014-05-20) by (ISBN: ) from Amazons Book Store. Free UK delivery on **Kidding Ourselves Quotes by Joseph T. Hallinan - Goodreads** The NOOK Book (eBook) of the *Kidding Ourselves: The Hidden Power of Self-Deception* by Joseph T. Hallinan at Barnes & Noble. **Kidding Ourselves: The Hidden Power of Self-Deception** *Kidding Ourselves: The Hidden Power of Self-Deception* reason, that life is no longer worth living, that belief tends to become a self-fulfilling prophecy. **Kidding Ourselves: The Hidden Power of Self-Deception Hardcover** **Kidding Ourselves: The Hidden Power of Self-Deception: Joseph T** Listen to a free sample or buy *Kidding Ourselves: The Hidden Power of Self-Deception* (Unabridged) by Joseph T. 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