

art of thinking clearly

art of thinking clearly is a vital skill for anyone seeking to improve decision-making, avoid cognitive biases, and foster rational thought in everyday life. This article explores the principles behind clear thinking, the impact of cognitive biases, and practical strategies to enhance mental clarity. Readers will gain insights into how to overcome common thinking traps, the benefits of logical reasoning, and tips for applying these concepts in personal and professional settings. By understanding the art of thinking clearly, individuals can make smarter choices, solve problems more efficiently, and cultivate a mindset geared toward success. This comprehensive guide is designed for those who want to master clear thinking, avoid costly mistakes, and unlock their full potential. Discover the secrets of rational thought, learn how to recognize and counteract mental errors, and embrace a clearer, more focused approach to life and work.

- Understanding the Art of Thinking Clearly
- Cognitive Biases and Their Impact on Decision-Making
- Principles of Rational Thinking
- Effective Strategies for Clear Thinking
- Applications in Daily Life and Professional Settings
- Improving Mental Clarity: Practical Tips
- Conclusion

Understanding the Art of Thinking Clearly

The art of thinking clearly refers to the ability to process information, evaluate situations, and make decisions without being influenced by irrational thoughts or biases. It is about seeing reality as it is, minimizing errors in judgment, and making informed choices. Clear thinking is crucial not only in complex problem-solving but also in daily interactions and personal growth. The process involves recognizing faulty reasoning, challenging assumptions, and remaining objective even in emotionally charged circumstances. By mastering the art of thinking clearly, individuals can enhance their critical thinking skills, strengthen their judgment, and achieve better outcomes in all areas of life.

Cognitive Biases and Their Impact on Decision-Making

What Are Cognitive Biases?

Cognitive biases are systematic errors in thinking that affect judgments and decisions. These mental shortcuts, or heuristics, often help us process information quickly but can lead to flawed reasoning and poor choices. Biases arise due to limitations in the brain's processing capacity, emotional influences, and social pressures. Understanding these biases is essential for practicing the art of thinking clearly.

Common Types of Cognitive Biases

- **Confirmation Bias:** Tendency to seek out information that confirms pre-existing beliefs and ignore contradictory evidence.
- **Anchoring Effect:** Relying too heavily on the first piece of information encountered when making decisions.
- **Availability Heuristic:** Overestimating the importance of information that is readily available.
- **Overconfidence Bias:** Placing excessive faith in one's own knowledge or abilities.
- **Loss Aversion:** Preferring to avoid losses rather than acquiring equivalent gains.

The Consequences of Cognitive Biases

Cognitive biases can lead to misunderstandings, misjudgments, and costly errors. They influence how we perceive situations, interact with others, and solve problems. In the context of business, biases can result in poor investments, ineffective strategies, and missed opportunities. In personal life, biases may hinder relationships and personal growth. Recognizing these mental errors is a fundamental step in mastering the art of thinking clearly.

Principles of Rational Thinking

Embracing Logic and Evidence

Clear thinking relies on logic and evidence-based reasoning. Rational thinkers prioritize facts over emotions and opinions, systematically evaluating information before forming conclusions. Logical reasoning involves identifying premises, examining their validity, and drawing conclusions that are supported by evidence. This principle is essential for minimizing errors and improving decision-making accuracy.

Questioning Assumptions

A critical aspect of the art of thinking clearly is the ability to question assumptions. Many mistakes stem from accepting ideas without scrutiny. Rational thinkers routinely challenge their own beliefs and the information presented to them, asking probing questions to uncover hidden flaws or inconsistencies. This approach leads to deeper understanding and improved problem-solving.

Recognizing Patterns and Avoiding Fallacies

Humans are naturally inclined to recognize patterns, but this tendency can sometimes result in logical fallacies or false correlations. Rational thinking involves distinguishing between genuine patterns and random coincidences, as well as avoiding common logical fallacies such as straw man arguments, slippery slopes, or ad hominem attacks. Developing awareness of these pitfalls is key to thinking clearly.

Effective Strategies for Clear Thinking

Developing Self-Awareness

Self-awareness is foundational to clear thinking. By understanding one's own thought processes, emotions, and biases, individuals can better regulate their responses and make more rational decisions. Self-reflection, mindfulness practices, and regular evaluation of past decisions are effective ways to enhance self-awareness and promote mental clarity.

Seeking Diverse Perspectives

Exposing oneself to a variety of viewpoints is a powerful strategy for clear thinking. Engaging with different ideas helps challenge personal biases, broadens understanding, and uncovers blind spots. Group

discussions, reading widely, and consulting experts are valuable methods for incorporating multiple perspectives and fostering balanced judgment.

Practicing Deliberate Decision-Making

Taking time to analyze options and weigh consequences is crucial for avoiding impulsive choices. Deliberate decision-making involves gathering relevant data, considering alternatives, and forecasting potential outcomes. This process reduces the influence of biases and increases the likelihood of making sound decisions.

Applications in Daily Life and Professional Settings

Personal Decision-Making

The art of thinking clearly is invaluable in personal life. Whether choosing a career path, managing finances, or navigating relationships, clear thinking leads to better outcomes. By applying rational principles and recognizing biases, individuals can avoid common pitfalls and make choices aligned with their goals and values.

Professional Problem-Solving

In professional environments, clear thinking enhances productivity, innovation, and leadership. Managers who practice clear thinking can identify root causes of problems, devise effective solutions, and make strategic decisions. Teams benefit from a culture that encourages logical reasoning, open discussion, and objective analysis.

Handling Complex Situations

Complex situations often require careful analysis and adaptability. By employing the art of thinking clearly, individuals can break down challenges into manageable parts, assess risks, and make informed choices under pressure. This approach is particularly valuable in fields such as healthcare, finance, and technology, where high-stakes decisions are routine.

Improving Mental Clarity: Practical Tips

Regular Mental Exercise

Just as physical fitness requires routine practice, mental fitness thrives on regular exercise. Activities such as puzzles, logic games, and strategic thinking tasks sharpen cognitive skills and reinforce clear thinking habits. Setting aside time for these exercises promotes mental agility and resilience.

Managing Stress and Emotions

Stress and strong emotions can cloud judgment and impair clear thinking. Techniques for managing stress, such as meditation, deep breathing, and healthy lifestyle choices, contribute to greater mental clarity. Emotional regulation allows individuals to remain objective and focused, even in challenging circumstances.

Continuous Learning and Reflection

Lifelong learning is essential for maintaining and improving clear thinking. Staying informed about new developments, reading extensively, and reflecting on experiences enable individuals to adapt and refine their thinking processes. Continuous learning prevents stagnation and encourages growth.

Conclusion

Mastering the art of thinking clearly is a transformative skill, enhancing decision-making, problem-solving, and overall mental performance. By understanding cognitive biases, applying rational principles, and utilizing practical strategies, individuals can cultivate clearer, more effective thought patterns. Whether in personal or professional contexts, clear thinking leads to better choices, improved outcomes, and a greater sense of confidence and control.

Trending Questions and Answers about Art of Thinking Clearly

Q: What is the art of thinking clearly?

A: The art of thinking clearly refers to the ability to process information objectively, avoid cognitive biases, and make rational decisions based on evidence and logic.

Q: How do cognitive biases affect clear thinking?

A: Cognitive biases distort judgment and lead to errors in reasoning, making it difficult to think clearly and make sound decisions.

Q: What are some practical strategies for improving clear thinking?

A: Strategies include developing self-awareness, seeking diverse perspectives, practicing deliberate decision-making, and engaging in regular mental exercises.

Q: Why is clear thinking important in professional settings?

A: Clear thinking enhances problem-solving, strategic planning, and leadership, leading to better business decisions and improved outcomes.

Q: How can I recognize and overcome my own biases?

A: You can recognize biases by regularly questioning assumptions, reflecting on past decisions, and inviting feedback from others to challenge your perspectives.

Q: What role does emotional regulation play in clear thinking?

A: Managing emotions is crucial for objective analysis, as strong feelings can cloud judgment and lead to irrational choices.

Q: Can logical reasoning be learned and improved over time?

A: Yes, logical reasoning can be developed through education, practice, and continuous learning.

Q: How does the art of thinking clearly impact personal decision-making?

A: It helps individuals make choices that align with their values and goals while avoiding common mistakes and impulsive decisions.

Q: Are there tools or exercises to practice clear thinking?

A: Puzzles, logic games, strategic planning exercises, and mindfulness practices are effective tools for sharpening clear thinking skills.

Q: What is the best way to start mastering the art of thinking clearly?

A: Begin by learning about cognitive biases, practicing self-reflection, and applying rational thinking principles in everyday decisions.

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The Art of Thinking Clearly: Mastering Your Mind for a Sharper Life

In today's chaotic world, bombarded by information and competing demands, the ability to think clearly is no longer a luxury—it's a necessity. This isn't about achieving some elusive state of zen-like enlightenment, but about cultivating practical skills to navigate life's complexities with greater clarity, confidence, and success. This comprehensive guide delves into the "art of thinking clearly," providing actionable strategies and insights to sharpen your mental acuity and enhance your decision-making process. We'll explore various techniques, helping you overcome cognitive biases, improve critical thinking, and ultimately, live a more fulfilling life.

Understanding Cognitive Biases: The Enemy of Clear Thinking

Our brains are wired with shortcuts – cognitive biases – that, while often helpful in everyday life, can significantly impair our ability to think clearly. These biases distort our perception of reality, leading to flawed judgments and poor decisions. Understanding these biases is the first step towards overcoming them.

Common Cognitive Biases to Watch Out For:

Confirmation Bias: The tendency to favor information that confirms pre-existing beliefs and dismiss

information that contradicts them. We actively seek out evidence supporting our views and ignore contradictory evidence.

Anchoring Bias: Over-reliance on the first piece of information received (the "anchor") when making decisions, even if that information is irrelevant.

Availability Heuristic: Overestimating the likelihood of events that are easily recalled, often due to their vividness or recent occurrence.

Bandwagon Effect: Adopting beliefs and behaviors simply because they are popular.

Developing Critical Thinking Skills: Asking the Right Questions

Critical thinking is the bedrock of clear thinking. It involves analyzing information objectively, identifying assumptions, evaluating arguments, and forming well-reasoned judgments. It's about moving beyond accepting information at face value and actively questioning its validity.

Essential Critical Thinking Strategies:

Question Assumptions: Don't take things for granted. Explore the underlying assumptions behind arguments and information.

Identify Biases: Become aware of your own biases and those of others. Recognize how they might be influencing your thinking.

Seek Multiple Perspectives: Consider different viewpoints and perspectives before forming an opinion.

Evaluate Evidence: Assess the credibility and relevance of the evidence supporting an argument.

Consider Consequences: Think about the potential implications of your decisions and actions.

Improving Focus and Concentration: Strategies for a Sharper Mind

In a world of constant distractions, maintaining focus is paramount for clear thinking. Several techniques can help you cultivate a sharper mind and improve your concentration.

Techniques for Enhanced Focus:

Mindfulness Meditation: Regular mindfulness practice can improve attention span and reduce mental clutter.

Time Management Techniques: Utilizing techniques like the Pomodoro Technique can enhance productivity and focus.

Minimize Distractions: Create a dedicated workspace free from interruptions.

Prioritize Tasks: Focus on the most important tasks first, tackling them when your energy levels are highest.

Regular Breaks: Short breaks throughout the day can help prevent mental fatigue and improve

focus.

The Power of Deliberate Practice: Refining Your Thinking

Deliberate practice involves focused, intentional effort to improve a specific skill. Applying this principle to your thinking means actively seeking out challenges, identifying areas for improvement, and consistently working to refine your cognitive abilities.

Practicing Deliberate Thinking:

Solve Puzzles and Brain Teasers: Engage your mind with activities that challenge your problem-solving skills.

Read Widely and Critically: Expose yourself to diverse perspectives and learn to analyze information critically.

Engage in Meaningful Conversations: Discuss complex topics with others to sharpen your communication and reasoning skills.

Seek Feedback: Ask for constructive criticism from trusted sources to identify areas for improvement.

Conclusion

The art of thinking clearly is a journey, not a destination. It requires consistent effort, self-awareness, and a commitment to continuous improvement. By understanding cognitive biases, developing critical thinking skills, enhancing focus, and engaging in deliberate practice, you can significantly improve your mental clarity, make better decisions, and ultimately, lead a more fulfilling and successful life. Embrace the challenge, and the rewards will be substantial.

FAQs

1. How can I overcome confirmation bias? Actively seek out information that contradicts your beliefs. Consider alternative explanations and perspectives. Engage in discussions with people who hold opposing views.
2. What are some practical applications of critical thinking in daily life? Critical thinking helps in making informed decisions about purchases, evaluating news reports, understanding complex issues, and navigating interpersonal relationships more effectively.
3. Is mindfulness meditation truly effective for improving focus? Studies suggest that regular mindfulness practice can significantly improve attention span, reduce stress, and enhance cognitive

function.

4. How can I tell if I'm suffering from cognitive biases? Notice patterns in your thinking. Do you tend to favor information confirming your existing beliefs? Are you overly influenced by initial information? Reflect on your decision-making processes to identify potential biases.

5. Can anyone learn to think more clearly? Yes, absolutely! The ability to think clearly is a skill that can be developed and refined through conscious effort and practice. The techniques outlined in this article are accessible to everyone.

art of thinking clearly: The Art of Thinking Clearly Rolf Dobelli, 2014-05-06 A world-class thinker counts the 100 ways in which humans behave irrationally, showing us what we can do to recognize and minimize these “thinking errors” to make better decisions and have a better life. Despite the best of intentions, humans are notoriously bad—that is, irrational—when it comes to making decisions and assessing risks and tradeoffs. Psychologists and neuroscientists refer to these distinctly human foibles, biases, and thinking traps as “cognitive errors.” Cognitive errors are systematic deviances from rationality, from optimized, logical, rational thinking and behavior. We make these errors all the time, in all sorts of situations, for problems big and small: whether to choose the apple or the cupcake; whether to keep retirement funds in the stock market when the Dow tanks, or whether to take the advice of a friend over a stranger. The “behavioral turn” in neuroscience and economics in the past twenty years has increased our understanding of how we think and how we make decisions. It shows how systematic errors mar our thinking and under which conditions our thought processes work best and worst. Evolutionary psychology delivers convincing theories about why our thinking is, in fact, marred. The neurosciences can pinpoint with increasing precision what exactly happens when we think clearly and when we don’t. Drawing on this wide body of research, The Art of Thinking Clearly is an entertaining presentation of these known systematic thinking errors—offering guidance and insight into everything why you shouldn’t accept a free drink to why you SHOULD walk out of a movie you don’t like it to why it’s so hard to predict the future to why shouldn’t watch the news. The book is organized into 100 short chapters, each covering a single cognitive error, bias, or heuristic. Examples of these concepts include: Reciprocity, Confirmation Bias, The It-Gets-Better-Before-It-Gets-Worse Trap, and the Man-With-A-Hammer Tendency. In engaging prose and with real-world examples and anecdotes, The Art of Thinking Clearly helps solve the puzzle of human reasoning.

art of thinking clearly: The Art of Thinking Clearly Rolf Dobelli, 2013-04-11 *OVER 3 MILLION COPIES SOLD* This book will change the way you think about decision-making. If you want to lead a happier, more prosperous life, you don't need shiny gadgets, complicated ideas or frantic activity. You just need to make better choices. From why you should not accept a free drink to why you should keep a diary, from dealing with a personal problem to negotiating at work, The Art of Thinking Clearly is a simple, straightforward and always surprising guide to a better, smarter you. Making better choices will transform your life at work, at home, forever. 'A treat - highly relevant, scientifically grounded and beautifully written' Claudio Feser, Senior Partner, McKinsey 'Intelligent, informative and witty' Christoph Franz, former Lufthansa CEO PRAISE FOR ROLF DOBELLI 'Dobelli has a gift for identifying the best ideas in the world' Jonathan Haidt, author of The Righteous Mind 'One of Europe's finest minds' Matt Ridley, author of The Evolution of Everything 'A virtuosic synthesizer of ideas' Joshua Greene, author of Moral Tribes

art of thinking clearly: Focus: The Art of Clear Thinking Valerie Pierce, 2014-05-09 Focus is natural. We are born with an instinct to focus on exactly what we want and a very strong pair of lungs to help us to get it. Then, somewhere along the way, we begin to lose that focus. In the digital age we are bombarded with information from all angles and live our lives at such a breakneck pace that it sometimes seems that our lives are completely out of our control. In three easy steps this

book teaches the reader how to regain control through the art of clear thinking: 1) FOCUS eliminate information overload 2) TRANSFORM negative thinking into positive action 3) THINK CLEARLY in the moment The author shows how you can use this strategy to achieve your goals in work and in life.

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which all of us, one way or another, get our way in the world.

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acclaimed Farnam Street blog and “The Knowledge Project” podcast. This first book in the series is your guide to learning the crucial thinking tools nobody ever taught you. Time and time again, great thinkers such as Charlie Munger and Warren Buffett have credited their success to mental models—representations of how something works that can scale onto other fields. Mastering a small number of mental models enables you to rapidly grasp new information, identify patterns others miss, and avoid the common mistakes that hold people back. The Great Mental Models: Volume 1, General Thinking Concepts shows you how making a few tiny changes in the way you think can deliver big results. Drawing on examples from history, business, art, and science, this book details nine of the most versatile, all-purpose mental models you can use right away to improve your decision making and productivity. This book will teach you how to: Avoid blind spots when looking at problems. Find non-obvious solutions. Anticipate and achieve desired outcomes. Play to your strengths, avoid your weaknesses, ... and more. The Great Mental Models series demystifies once elusive concepts and illuminates rich knowledge that traditional education overlooks. This series is the most comprehensive and accessible guide on using mental models to better understand our world, solve problems, and gain an advantage.

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company faces bankruptcy because sharks have infested the area. Solution? Open the world's first extreme diving school. The Art of Creative Thinking reveals how we can transform ourselves, our businesses and our society through a deeper understanding of human creativity. Rod Judkins, of the world-famous St Martin's College of Art, has studied successful creative thinkers from every walk of life, throughout history. Drawing on an extraordinary range of reference points - from the Dada Manifesto to Nobel Prize Winning economists, from Andy Warhol's studio to Einstein's desk - he distills a lifetime's expertise into a succinct, surprising book that will inspire you to think more confidently and creatively. You'll realise why you should be happy when your train is cancelled; meet the most successful class in educational history (in which every single student won a Nobel prize); discover why graphic nudity during public speaking can be both a hindrance and surprisingly persuasive; and learn why, in the twenty-first century, it's technically illegal to be as good as Michelangelo. Be stubborn about compromise. Plan to have more accidents. Be mature enough to be childish. Contradict yourself more often. Discover the Art of Creative Thinking. *From the publishers of the international bestseller The Art of Thinking Clearly*

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art of thinking clearly: The Art of Gathering Priya Parker, 2018-05-15 Hosts of all kinds, this is a must-read! --Chris Anderson, owner and curator of TED From the host of the New York Times podcast Together Apart, an exciting new approach to how we gather that will transform the ways we spend our time together—at home, at work, in our communities, and beyond. In The Art of Gathering, Priya Parker argues that the gatherings in our lives are lackluster and unproductive—which they don't have to be. We rely too much on routine and the conventions of gatherings when we should focus on distinctiveness and the people involved. At a time when coming together is more important than ever, Parker sets forth a human-centered approach to gathering that will help everyone create meaningful, memorable experiences, large and small, for work and for play. Drawing on her expertise as a facilitator of high-powered gatherings around the world, Parker takes us inside events of all kinds to show what works, what doesn't, and why. She investigates a wide array of gatherings--conferences, meetings, a courtroom, a flash-mob party, an Arab-Israeli summer camp--and explains how simple, specific changes can invigorate any group experience. The result is a book that's both journey and guide, full of exciting ideas with real-world applications. The Art of Gathering will forever alter the way you look at your next meeting, industry conference, dinner party, and backyard barbecue--and how you host and attend them.

art of thinking clearly: A Field Guide to Lies Daniel J. Levitin, 2016-09-06 Winner of the Mavis Gallant Prize for Non-Fiction Winner of the 2017 National Business Book Award Shortlisted for the 2016/2017 Donner Prize From the bestselling author of The Organized Mind, the must-have book about how to analyze who and what to trust in the age of information overload. It's becoming harder to separate the wheat from the digital chaff. How do we distinguish misinformation, pseudo-facts, distortions and outright lies from reliable information? In A Field Guide to Lies, neuroscientist Daniel Levitin outlines the many pitfalls of the information age and provides the means to spot and avoid them. Levitin groups his field guide into two categories--statistical information and faulty arguments--ultimately showing how science is the bedrock of critical thinking. It is easy to lie with stats and graphs as few people take the time to look under the hood and see how they work. And, just because there's a number on something, doesn't mean that the number was arrived at properly. Logic can help to evaluate whether or not a chain of reasoning is valid. And infoliteracy teaches us that not all sources of information are equal, and that biases can distort data. Faced with a world too eager to flood us with information, the best response is to be prepared. A Field Guide to Lies helps us avoid learning a lot of things that aren't true.

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thinker Ori Brafman and his brother, psychologist Rom Brafman, answer all these questions and more. Drawing on cutting-edge research from the fields of social psychology, behavioral economics, and organizational behavior, Sway reveals dynamic forces that influence every aspect of our personal and business lives, including loss aversion (our tendency to go to great lengths to avoid perceived losses), the diagnosis bias (our inability to reevaluate our initial diagnosis of a person or situation), and the “chameleon effect” (our tendency to take on characteristics that have been arbitrarily assigned to us). Sway introduces us to the Harvard Business School professor who got his students to pay \$204 for a \$20 bill, the head of airline safety whose disregard for his years of training led to the transformation of an entire industry, and the football coach who turned conventional strategy on its head to lead his team to victory. We also learn the curse of the NBA draft, discover why interviews are a terrible way to gauge future job performance, and go inside a session with the Supreme Court to see how the world’s most powerful justices avoid the dangers of group dynamics. Every once in a while, a book comes along that not only challenges our views of the world but changes the way we think. In Sway, Ori and Rom Brafman not only uncover rational explanations for a wide variety of irrational behaviors but also point readers toward ways to avoid succumbing to their pull.

art of thinking clearly: The Net and the Butterfly Olivia Fox Cabane, Judah Pollack, 2017-02-07 In *The Charisma Myth*, Olivia Fox Cabane offered a groundbreaking approach to becoming more charismatic. Now she teams up with Judah Pollack to reveal how anyone can train their brain to have more eureka insights. The creative mode in your brain is like a butterfly. It's beautiful and erratic, hard to catch and highly valued as a result. If you want to capture it, you need a net. Enter the executive mode, the task-oriented network in your brain that help you tie your shoes, run a meeting, or pitch a client. To succeed, you need both modes to work together--your inner butterfly to be active and free, but your inner net to be ready to spring at the right time and create that aha! moment. But is there any way to trigger these insights, beyond dumb luck? Thanks to recent neuroscience discoveries, we can now explain these breakthrough moments--and also induce them through a series of specific practices. It turns out there's a hidden pattern to all these seemingly random breakthrough ideas. From Archimedes' iconic moment in the bathtub to designer Adam Cheyer's idea for Siri, accidental breakthroughs throughout history share a common origin story. In this book, you will learn to master the skills that will transform your brain into a consistent generator of insights. Drawing on their extensive coaching and training practice with top Silicon Valley firms, Cabane and Pollack provide a step-by-step process for accessing the part of the brain that produces breakthroughs and systematically removing internal blocks. Their tactics range from simple to zany, such as: · Imagine an alternate universe where gravity doesn't exist, and the social and legal rules that govern it. · Map Disney's Pocahontas story onto James Cameron's Avatar. · Rid yourself of imposter syndrome through mental exercises. · Literally change your perspective by climbing a tree. · Stimulate your butterfly mode by watching a foreign film without subtitles. By trying the exercises in this book, readers will emerge with a powerful new capacity for breakthrough thinking.

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to life with truly breathtaking artwork from artist and co-author Sarah Simblet, who captures the delicacy, strength and beauty of the trees through the seasons in 200 exquisite drawings. With an interplay of black and red type on creamy paper, *The New Sylva* recalls all the charm of traditional bookmaking. And at a moment when it is vitally important for us to rediscover how to treasure our trees, the time for this visionary, beautiful book is now. This edition comes with illustrated endpapers and a ribbon marker.

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art of thinking clearly: The Subtle Art of Not Giving a Fk** Mark Manson, 2016-09-13 #1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be positive all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. F**k positivity, Mark Manson says. Let's be honest, shit is f**ked and we have to live with it. In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F**k* is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault. Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F**k* is a refreshing slap for a generation to help them lead contented, grounded lives.

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Short Letters to My Wife is a collection of letters that Nader Ebrahimi wrote to his wife while practising the art of calligraphy. In these letters he talks about their life together, their love and their problems, openly discussing their difficulties and shared anxieties. For Ebrahimi the writing of these letters was not just an occasion for practising calligraphy but an exercise in exploring his understanding of life, love and the relationship between husband and wife.

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