



# The Little Book of Stupidity: How We Lie to Ourselves and Don't Believe Others

*Sia Mohajer*

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As human beings, we are great storytellers. We tell stories about who we are, what we're doing, and why we are doing it. The problem is, sometimes those stories are fiction; created by our own blindness to reality. We are such good storytellers that we often don't know we are deceiving ourselves. The brain has evolved to make information processing simplified and, with this, has created a need to simplify the world. The problem is, sometimes rational thinking becomes sacrificed for this simplicity.

In *The Little Book of Stupidity*, Sia Mohajer draws on extensive research and makes surprising connections among 10 of life's most pervasive cognitive biases. It is a story about how stupid we can all be and also how we can become more compassionate as a result.

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