

1. Record Nr.	UNINA9910794193203321
Autore	Tsipursky Gleb
Titolo	The Blindspots Between Us : How to Overcome Unconscious Cognitive Bias and Build Better Relationships
Pubbl/distr/stampa	Oakland : , : New Harbinger Publications, , 2020 ©2020
ISBN	1-68403-509-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (216 pages)
Altri autori (Persone)	McRaneyDavid
Disciplina	158.2
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro -- Contents -- Foreword -- Introduction -- Chapter 1: Autopilot vs. Intentional -- Chapter 2: Our Attribution Errors -- Chapter 3: Are We Really Better? -- Chapter 4: The Danger of Tribalism -- Chapter 5: Feeling, Thinking, and Talking Past Each Other -- Chapter 6: The Importance of Caring -- Chapter 7: The Glass Is Half... -- Chapter 8: (Don't) Tell Me What to Do! -- Chapter 9: Communicating Rationally -- Conclusion: Helping Others Spot Their Blindspots -- Acknowledgments -- Glossary -- Endnotes -- About the Author.
Sommario/riassunto	Grounded in evidence-based cognitive behavioral therapy (CBT), The Blindspots Between Us reveals the most common "hidden" biases that blind us to the truth, and which lead to misunderstandings and damaged relationships. Using this guide, readers will learn to identify their own blindspots, and move beyond them for better relationships-- and a better world.