



The Great Courses: Your Deceptive Mind: A Scientific Guide to Critical Thinking

By Professor Steven Novella

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No skill is more important in today's world than being able to think about, understand, and act on information in an effective and responsible way. What's more, at no point in human history have we had access to so much information, with such relative ease, as we do in the 21st century. But because misinformation out there has increased as well, critical thinking is more important than ever. These 24 rewarding lectures equip you with the knowledge and techniques you need to become a savvier, sharper critical thinker in your professional and personal life. By immersing yourself in the science of cognitive biases and critical thinking, and by learning how to think about thinking (a practice known as metacognition), you'll gain concrete lessons for doing so more critically, more intelligently, and more successfully. The key to successful critical thinking lies in understanding the neuroscience behind how our thinking works - and goes wrong; avoiding common pitfalls and errors in thinking, such as logical fallacies and biases; and knowing how to distinguish good science from pseudoscience. Professor Novella tackles these issues and more, exploring how the (often unfamiliar) ways in which our brains are hardwired can distract and prevent us from getting to the truth of a particular matter. Along the way, he provides you with a critical toolbox that you can use to better assess the quality of information. Even though the world is becoming more and more saturated with information, you can take the initiative and become better prepared to make sense of it all with this intriguing course.

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