

CONTENTS

Foreword ix

1. Mental Accounting 1
2. The Fine Art of Correction 5
3. The Pledge 9
4. Black Box Thinking 13
5. Counterproductivity 18
6. The Negative Art of the Good Life 22
7. The Ovarian Lottery 26
8. The Introspection Illusion 30
9. The Authenticity Trap 34
10. The Five-Second No 38
11. The Focusing Illusion 42
12. The Things You Buy Leave No Real Trace 46
13. Fuck-You Money 50
14. The Circle of Competence 54
15. The Secret of Persistence 58
16. The Tyranny of a Calling 62
17. The Prison of a Good Reputation 66
18. The "End of History" Illusion 70
19. The Smaller Meaning of Life 74
20. Your Two Selves 78
21. The Memory Bank 82
22. Life Stories Are Lies 86
23. The "Good Death" Fallacy 90
24. The Spiral of Self-Pity 94
25. Hedonism and Eudemonia 98

CONTENTS

26.	The Circle of Dignity—Part I	102
27.	The Circle of Dignity—Part II	106
28.	The Circle of Dignity—Part III	110
29.	The Book of Worries	114
30.	The Opinion Volcano	118
31.	Your Mental Fortress	122
32.	Envy	126
33.	Prevention	130
34.	Mental Relief Work	134
35.	The Focus Trap	138
36.	Read Less, But Twice—on Principle	142
37.	The Dogma Trap	146
38.	Mental Subtraction	150
39.	The Point of Maximum Deliberation	154
40.	Other People's Shoes	158
41.	The Illusion of Changing the World—Part I	162
42.	The Illusion of Changing the World—Part II	166
43.	The “Just World” Fallacy	170
44.	Cargo Cults	174
45.	If You Run Your Own Race, You Can't Lose	178
46.	The Arms Race	182
47.	Making Friends with Weirdos	186
48.	The Secretary Problem	190
49.	Managing Expectations	194
50.	Sturgeon's Law	198
51.	In Praise of Modesty	202
52.	Inner Success	206
	Afterword	211
	Acknowledgments	215
	Appendix	219
	Notes	221