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A MACAT ANALYSIS

DANIEL KAHNEMAN'S THINKING, FAST AND SLOW





An Analysis of

Daniel Kahneman's

Thinking, Fast and Slow

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To further aid your reading, lists of glossary terms and people mentioned are included at the end of this book (these are indicated by an asterisk [*] throughout) – as well as a list of works cited.

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CRITICAL THINKING AND THINKING, FAST AND SLOW

Primary critical thinking skill: CREATIVE THINKING Secondary critical thinking skill: INTERPRETATION

While it may seem antithetical to identify creative thinking as a scientist's main skill, Daniel Kahneman is not your everyday psychologist. Synthesizing ideas from a wide variety of disciplines, his unique way of looking at the world has found its way into the wider canon through *Thinking, Fast and Slow.* Kahneman puts forward the theory of a dual process model of thought, in which one process is fast and reliant on short cuts, and one is slow, deliberate, and easily fatigued. He applies this model to almost every facet of life, giving examples of the effects of faulty thinking that range from the legal system to the education system, from politics to advertising, and beyond. Although he has achieved vast insight into human error, he remains humble, explaining that he is not infallible and often makes the same mistakes. Some of his best-known theories have arisen from his own errors. It takes a truly creative mind to react to errors with curiosity rather than criticism.

Also unique to Kahneman is his interpretation of the world around him. While most are interested in emulating success, he is more interested in why we make errors. Perhaps more importantly, Kahneman has interpreted *how* we make mistakes; he gives us a framework on which to re-evaluate decisions and judgments that we have encountered and offers us insight as to why these choices were made. His creative experimental approach invites his readers to become part of his theories, to make up their own minds and to watch psychology in action within themselves. By reinterpreting human behavior, Kahneman has redefined how thought works.

Thinking, Fast and Slow is therefore a landmark work. It not only gives us an overview of Kahneman's career, during which he has received many accolades, it also gives us a bird's eye view of the whole field of psychology, and the birth of a new one – behavioral economics. In this book, Kahneman delivers his decades of knowledge to a wider general audience in the hope that we will adopt his vocabulary and think more carefully and accurately about our own thinking.

ABOUT THE AUTHOR OF THE ORIGINAL WORK

Daniel Kahneman is an Israeli psychologist born in 1934, who was educated both in Jerusalem and in the United States. He started his career in the Israeli Defense Forces, where he was tasked with assessing the suitability of candidates for officer training. His errors in these judgments and the difficulty in predicting behavior led to a life-long interest in judgment and decision-making. In 1968 he met his long-time collaborator and 'academic soul mate' Amos Tversky. Together, they would revolutionize their field, creating the foundations for an entirely new school of thought – behavioral economics. In 2002 Kahneman received the Nobel Prize for Economics for the work he did with Tversky, who sadly passed away in 1996. *Thinking, Fast and Slow* provides an overview of Kahneman's career, which has spanned multiple disciplines, from cognitive pupillometry to hedonic psychology. He was awarded the Presidential Medal of Freedom, the highest civil honor in the US, by Barack Obama in 2013.

ABOUT THE AUTHOR OF THE ANALYSIS

Jacqueline Allan is a lecturer and researcher at Birkbeck College, University of London. She holds undergraduate degrees from Kings College London and Birkbeck College.

ABOUT MACAT

GREAT WORKS FOR CRITICAL THINKING

Macat is focused on making the ideas of the world's great thinkers accessible and comprehensible to everybody, everywhere, in ways that promote the development of enhanced critical thinking skills.

It works with leading academics from the world's top universities to produce new analyses that focus on the ideas and the impact of the most influential works ever written across a wide variety of academic disciplines. Each of the works that sit at the heart of its growing library is an enduring example of great thinking. But by setting them in context – and looking at the influences that shaped their authors, as well as the responses they provoked – Macat encourages readers to look at these classics and game-changers with fresh eyes. Readers learn to think, engage and challenge their ideas, rather than simply accepting them. 'Macat offers an amazing first-of-its-kind tool for interdisciplinary learning and research. Its focus on works that transformed their disciplines and its rigorous approach, drawing on the world's leading experts and educational institutions, opens up a world-class education to anyone.'

Andreas Schleicher Director for Education and Skills, Organisation for Economic Co-operation and Development

'Macat is taking on some of the major challenges in university education ... They have drawn together a strong team of active academics who are producing teaching materials that are novel in the breadth of their approach.'

Prof Lord Broers, former Vice-Chancellor of the University of Cambridge

'The Macat vision is exceptionally exciting. It focuses upon new modes of learning which analyse and explain seminal texts which have profoundly influenced world thinking and so social and economic development. It promotes the kind of critical thinking which is essential for any society and economy. This is the learning of the future.' Rt Hon Charles Clarke, former UK Secretary of State for Education

'The Macat analyses provide immediate access to the critical conversation surrounding the books that have shaped their respective discipline, which will make them an invaluable resource to all of those, students and teachers, working in the field.' **Professor William Tronzo, University of California at San Diego**



WAYS IN TO THE TEXT

KEY POINTS

- Daniel Kahneman is an Israeli psychologist who was awarded the Nobel Prize* for Economics in 2002.
- *Thinking, Fast and Slow* is primarily focused on explaining models of human judgment and decision-making.
- The book represents the culmination of a lifetime of work undertaken by the author and his collaborators. It argues that humans have two types of thought process: one fast, easy, and prone to error, and one slow, difficult and more accurate and analytical.

Who Is Daniel Kahneman?

Daniel Kahneman is an Israeli-born psychologist who researches human judgment and decision-making. He was a child in Paris at the start of World War II* and lived through the Holocaust.* His career spans over six decades, and started in the Israeli Defense Forces.*

Kahneman has worked at many prestigious universities, and is currently Professor Emeritus* at Princeton and a fellow of the Center for Rationality at the Hebrew University in Jerusalem. *Thinking, Fast and Slow* was released in 2011 for a popular audience, but Kahneman is perhaps most recognized for his 2002 Nobel Prize win. He was awarded the Memorial Prize in Economic Sciences for the work which he undertook with his long-time collaborator Amos Tversky,* who passed away in 1996. This work was also the foundation on which was built the new discipline of behavioral economics*, the study of how psychology affects economic decision-making.

Kahneman and Tversky challenged the prevailing theory of the time, that people are "rational actors" and always make decisions logically. More recently he turned his hand to hedonic psychology,* or the psychology of happiness, where he has also had a large impact. Aside from the 2002 Nobel, Kahneman has won many awards, including the Lifetime Contribution Award of the American Psychological Association,* and the Presidential Medal of Freedom.* He has been called the world's most influential living psychologist.¹

What Does Thinking, Fast and Slow Say?

Thinking, Fast and Slow tells us that there are two routes people use to think. The idea of two systems of cognition* is known as a dual processing theory.* These two types of cognition are known as System 1, or the intuitive system, and System 2, or the deliberate system. These two routes, while conceptual, represent very different ways of processing information from the world around us. System 1 is always active and waiting to jump into operation. This is the system that tells us to run from danger, or gets an intuitive sense of someone's personality within seconds of meeting them. System 1 is reliant on mental operations, such as heuristics* (mental shortcuts) and biases* (leanings towards or against something based on associative memory*). This is the fast thinking of the book's title. System 2 is slow thinking. This system needs deliberate activation. It requires attention and effort and as such is not sustainable for long periods of time; it is susceptible to burnout. We use System 2 to calculate a complex equation or to answer an exam question.

It seems we should make decisions with our rational, logical System 2 all of the time, but System 2 tires easily and so we are far more reliant on System 1 than we would like to believe. Often this is no bad thing. System 1 learns from experience and can make correct intuitive judgments in situations where we lack information. In certain careers, such as law enforcement or the military, System 1 decisions can make the difference between life and death. However, System 1 is limited as it is reliant on shortcuts and is therefore prone to error.

Although Kahneman won the Nobel Prize for applying these theories to economics, thus creating the entirely new discipline of behavioral economics, he is interested in far more than just financial decision-making. He talks about System 1 errors in relation to many aspects of human experience, including happiness, politics, education, marketing, and the legal system. For instance, he asked participants in one experiment to rate whether they think that people are happier in California than in other places, and the majority said yes. Kahneman explains that when thinking about California, participants focused on one aspect that differentiates it from most other places, its hot weather, and made an assumption that the weather must make people happier without taking anything else into consideration. He calls this "the focusing illusion." *Thinking, Fast and Slow* is full of examples that demonstrate how reliance on System 1 shortcuts leads to faulty thinking.

Why Does Thinking, Fast and Slow Matter?

The ideas in *Thinking, Fast and Slow* are applicable to a whole spectrum of human thought, action, and behavior. It contains lessons whether the reader is looking at buying a house or examining potential biases they may have towards people. Kahneman gives us the terminology to describe the errors that we commonly make. He also gives us wider insights into society and the catastrophic effects that such errors can have, such as the tendency for judges to hand out stiffer sentences before lunch than after. Kahneman puts this particular pattern down to System 2 giving up under the strain of hunger, and the decision-

making involved in passing judgment being carried out by System 1, which is reliant on shortcuts and therefore more liable to be harsh. *Thinking, Fast and Slow* highlights that even professions we associate with high levels of System 2 functioning, such as academia or law, are vulnerable to System 1 errors.

It is important to note that Kahneman also disseminates the work of others in *Thinking, Fast and Slow*, giving the reader an opportunity to learn about the evolution of its main themes. In this sense it is more than just a digestible overview of Kahneman's work; it is also a compendium of relevant thought. After publication some of the studies that were used as examples in the book came under closer scrutiny and it was found that the results could not be replicated (replication is a hallmark of sound research). This forced many in the field to take another look at the validity of established claims. Kahneman was one of the leaders of this movement for more rigorous research practices.

NOTES

1 "Daniel Kahneman Changed the Way We Think About Thinking. But What Do Other Thinkers Think of Him," *Guardian*, February 16, 2014, accessed September 14, 2017, https://www.theguardian.com/science/2014/feb/16/ daniel-kahneman-thinking-fast-and-slow-tributes.

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