

Thinking Fast And Slow

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Thinking Fast And Slow is a psychology book. The author thinks that there are two systems, System 1 and System 2, governing humans' thinking and decision-making processes. System 1 is so-called instinct. Its properties include fast-response and effortless. System 2 is about pondering and careful analysis. Its properties include slow-operation and effortful. For instance, imagine you have encountered a multiple-choice question that you do not know. If you immediately choose the best answer according to your gut feeling, then you are using System 1. But if you use relevant knowledge to analyze, think over every option, and choose the most probable answer, then you are using System 2.

System 1 and System 2 have their own pros and cons as well as their own functions. If you can use these systems properly under different scenarios, the systems can complement each other and help you make better decisions and avoid various thinking or psychological traps.

Thinking Fast And Slow is an interesting and very content-rich book. I suggest reading only the first few chapters if you have limited time or you are only a secondary student. You may learn something new when you read it again in the future.

快思慢想

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《快思慢想》是一本關於心理學的書籍。作者認為人的思考和決策過程可歸納為由兩個系統負責，分別是系統一和系統二。系統一是所謂的直覺，其特點是反應快速，不費勁等。系統二是關於思考和仔細分析，其特點是運作較慢，費心神等。例如你在考試中遇到一條你不懂的多項選擇題，如果你靠感覺馬上選出最佳答案，你是在使用系統一；但如果你靠相關知識分析每個選項，從中選出當中最有可能的答案，你正在使用系統二。

系統一和系統二各有利弊和用途。如果你能在不同情景中適當運用兩個系統則可互相補足，助你作出較好的決定和避開各種思考或心理陷阱。

《快思慢想》是一本有趣味和內容非常豐富的書。如果你時間有限或只是一名中學生，建議你可只看頭幾個章節，待將來再看可能會有另一番意會。