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(Chapter 1-7) *Limitless: Upgrade Your Brain, Learn Anything Faster, and Unlock Your Exceptional Life* *How to Detox Your Brain for Clearer Thinking, Deeper Relationships, and Lasting Happiness* ~~How I Tricked My Brain To Like Doing Hard Things (dopamine detox)~~ *How to Get Your Brain to Focus | Chris Bailey | TEDxManchester* **Your Brain And Business The**

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businesses. Before pursuing her own passions full-time, she consulted for ten years for Fortune 500 companies such as Gap Inc., Accenture, and HP, helping leaders and organizations manage change.

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This episode will help everyone understand just how much confirmation bias is impacting your life and business. I will give examples and tips throughout the episode. In its most basic form, confirmation bias comes down to the brain's desire to be correct and the subconscious filter deciding what gets through and stored...and what gets ignored. Because the subconscious is working from established, proven rules to make these choices, it is looking for stuff that fits those existing rules.

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