

Wired that Way*

Your Experience is Not an Accurate Reflection of Reality.

Your brain creates a stripped-down, customized version of the world for you, which means you really are creating **your own** reality.

After making its best guess about what's out there (in your world), your brain focuses your attention on what *it* thinks is important, spins stories about who you are, interprets what's happening, decides what it all means, and determines what action you should take.

**The purpose of all of this brain activity?
To keep you alive and maintain your status quo.**



If you're satisfied playing the role your brain is creating *for* you, you can sit back and enjoy the ride. But if you want to be the director of your life, rather than an actor in it, you have to get behind the scenes and find out what's really going on.

Wired that Way describes how our brain actually operates as opposed to how we think it operates—or ought to operate—and why the part that matters most is the part we're least aware of. It will change the way you see yourself—and the world.

- Why transformational change is possible but isn't probable
- How your brain operates bottom up rather than top down
- Overview of threshold concepts
- TC#1: Troublesome knowledge
- TC#2: System 1, ordinary consciousness, and System 2
- TC#3: Your mental model of the world
- TC#4: Your brain's autopilot mode
- TC#5: Your brain pays attention to action