

"Gripping, page-turning material . . . A new way of thinking about survival in a world filled with hazards and distractions."

—CHARLES DUHIGG, author of *Smarter Faster Better* and *The Power of Habit*

# Careful

**A User's Guide to Our  
Injury-Prone Minds**



**Steve Casner**

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## Careful: A User's Guide to Our Injury-Prone Minds



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"It become an implement of disaster. Gripping, page-turning materials. This book will help us maintain our fingertips attached in your kitchen, our children afloat at the pool, and our teens secure when driving, and demonstrates the countless other ways we can maximize our likelihood of getting during the day in one piece. Blame car crashes, pedestrian fatalities, home-improvement tasks gone wrong, medical mistakes, home fires—are the same whether you're trying to repair with a screwdriver. As doctors and medical researchers work busily to increase our lives, more folks each year are determining ways to cut them short. In fact, after 100 years of steady decline, the rate of which people are being hurt (or worse) in everyday accidents is raising."not to mention all of the crazy things that kids are into nowadays. And the problem appears to be spinning out of control. Casner details the emotional traps that prevent us from getting more careful.s not really a safety caution we won't ignore or a foolproof device we may'. Steve Casner has devoted his career to learning the psychology of safety, and he has learned there' They' —re a pilot, a Hollywood stuntwoman, a parent, or who owns a clogged dishwasher you'Charles Duhigg, writer of Smarter Faster Better and The Power of HabitA safety expert reveals why few of us are as careful as we think that we are, and what we are able to do about it. Then he displays us gripping real types of how and when injuries happen, so we know exactly what we ought to really be worrying about.Cautious arms readers with the most recent science on what our sometimes fallible minds work, with countless takeaways to include at home, at work, and everywhere in between. a new way of thinking about survival in a global filled up with hazards and distractions.



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Careful! This publication is great! Careful! This book is well crafted! Great read! You need to be careful not to read it while generating. This is very illuminating on the aspect of accidents that . This is illuminating on the facet of accidents that the author knows well -- all that may go wrong on small and large airplanes. She loved it things worth knowing Entertaining, enlightening and useful-well worth enough time I spent reading it a great guide to better awareness of the environment and actions A fantastic and well-written publication about how our attention can play a key role in being safe and sound, and all of the risks we may unknowingly take.. However when the writer branches out, he has few surprises or discoveries to offer. And he does therefore with a feeling of human that makes this reserve an entertaining browse from start to finish. She loved Gave this to my boss intended for Christmas!. Casner's humor mixed with scientific backing get this to a great and easy examine. In short, this publication gave me something to be concerned about. Or maybe I will say- allowed me to target my worry on stuff that needs to be of best concern. Or maybe I should say- allowed me to focus my worry on things that needs to be of ideal concern. His common sense is commendable, not engaging when he is out of his airplanes. Innovative - stats plus tales worth telling Utilized chapters for discussion within my workplace. Casner examines the injury-prone nature of humans and tells us where we're really likely to get hurt (or hurt others), so why, and what we are able to do about it. Five Stars Efficient delivery and good book to read



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