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The Paradox of Choice — Why More Is Less is a 2004 book by American psychologist Barry Schwartz. In the book, Schwartz argues that eliminating consumer choices can greatly reduce anxiety for shoppers.. Autonomy and Freedom of choice are critical to our well being, and choice is critical to freedom and

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autonomy. Nonetheless, though modern Americans have more choice than any group of people ever ...

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What Is The Paradox Of Choice? 2010  
Words | 9 Pages. Barry Schwartz, author of  
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2005), an excellent book, is a professor of psychology at Swarthmore College, and lecturer Gel 2005.

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The Paradox of Choice is a 236 page treatises on why too much choice can be

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debilitating. It can be summed up in its sub-sub-title: "Why the Culture of Abundance Robs Us of Satisfaction." (Why a book needs a sub-title under the sub-title beats me).

The Paradox of Choice: Why More Is Less  
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choice--from the mundane to the profound challenges of balancing career, family, and individual needs--has paradoxically become a problem instead of a solution.

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The paradox of choice is an observation that



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having many options to choose from, rather than making people happy and ensuring they get what they want, can cause them stress and problematize decision-making. Barry Schwartz wrote about the negative consequences of having too many options in his 2004 book, *The Paradox of Choice: Why More is Less*. Schwartz maintained that an

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overabundance of options can actually lead to anxiety, indecision, paralysis and dissatisfaction.

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The Paradox of Choice investigates the counterintuitive effect of having too many

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choices: it's not true that choices necessarily free us, but they can also paralyze us and make us unhappier. Schwartz, the author, gives practical advice on how to become happier, more fulfilled and even more effective decision makers.

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The Power Moves  
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participation, mobility and nourishment, but not all choice enhances freedom. In particular, increased choice among goods and services may contribute little or nothing to the kind of freedom that counts. Indeed, it may impair freedom by taking time and energy we could be better off devoting to



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The Paradox of Choice suggests two things you can do, and they work best when used together. Artificially Limit Your Choices  
The more obvious solution is to simply limit the choices available to you yourself.

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