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From the Editor's Desk

Become More Comfortable Making Bold Decisions

Leaps of faith make great scenes in a movie, but in real life they fill us with stress and uncertainty, two emotions that are not comfortable for the human brain. To face down our discomfort, we can take advantage of a revealing data set that we often ignore: our past decisions. Looking back at our decision-making history allows us to see patterns that we might not otherwise notice, thus providing a crucial perspective for understanding (and solving!) complex and unique current and future problems.

Most of us want to turn and run from these kinds of decisions. Leaps of faith make great scenes in a movie, but in real life they fill us with stress and uncertainty, two emotions that are not comfortable for the human brain. In fact, according to researchers, our brain actively strives to reduce uncertainty about future outcomes in order to escape those feelings of discomfort and stress.

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Opinion | The State Failed These People. They Didn't Have to Die Like This.

The Turkish government's disastrous response to the recent earthquakes has exposed the false promise of strongman rule.

Work

Cara Delevingne opens up about sobriety and the reality check of paparazzi pics

The model and actor says she's laser-focused on her sobriety journey after checking herself into rehab in late 2022.

