

# Mistakes Were Made (but Not By Me) Third Edition

*author: Carol Tavris, Elliot Aronson*

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## Synopsis

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inLanguage	english

**Renowned social psychologists Carol Tavis and Elliot Aronson take a compelling look into how the brain is wired for self-justification. This updated edition concludes with an extended discussion of how we can live with dissonance, learn from it, and perhaps, eventually, forgive ourselves.**

Why is it so hard to say “I made a mistake” and really believe it? When we make mistakes, cling to outdated attitudes, or mistreat other people, we must calm the cognitive dissonance that jars our feelings of self-worth. And so, unconsciously, we create fictions that absolve us of responsibility, restoring our belief that we are smart, moral, and right—a belief that often keeps us on a course that is dumb, immoral, and wrong. *Backed by years of research, Mistakes Were Made (But Not by Me)* offers a fascinating explanation of self-justification—how it works, the damage it can cause, and how we can overcome it.

“Entertaining, illuminating and” when you recognize yourself in the stories it tells “mortifying.” *Wall Street Journal*

“Every page sparkles with sharp insight and keen observation. Mistakes were made” but not in this book! “Daniel Gilbert, author of *Stumbling on Happiness*

## Reader's comments

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