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Sharot isn't intent on persuading the reader to adopt an optimistic bias but rather, to show that "optimism bias" is widespread in the population and that our brains have evolved to over-predict future happiness & success so as to make health and progress more likely. Whether or not she's right is up to you to decide. Nevertheless, Sharot ...

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The Optimism Bias isn't
a bad book, it goes
over how people's
average expectations
are better than that of
what society as a
whole will go through.
Optimism is pointed

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out to be a useful bias. People undertake tougher tasks and state that the tasks are less arduous when they will be because of optimism.

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enhances well-being by
creating a sense of
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future. If we expect good things to happen, we are more likely to be happy. This optimism, she also explained in a 2012 TED Talk, can act as a self-fulfilling prophecy. By believing that we will be successful, people are in fact more likely to be successful.

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optimism that exists on a neural level in our brains and plays a major part in determining how we live our lives.

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