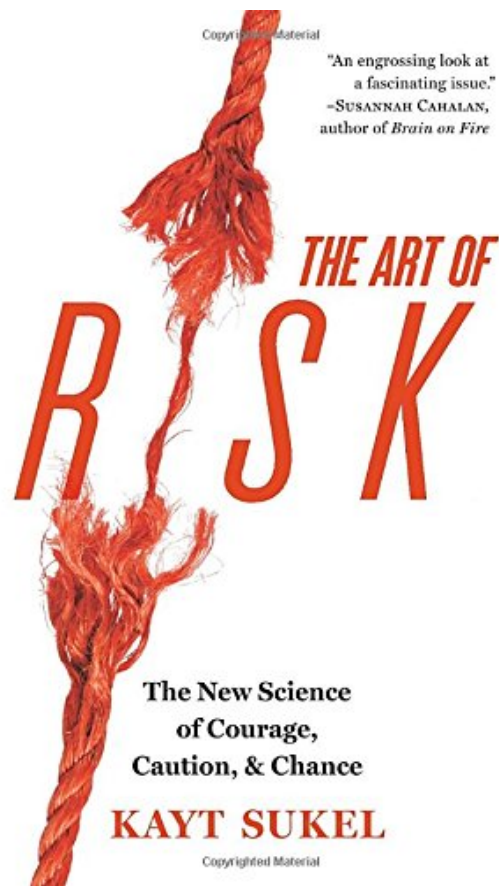


THE ART OF RISK: THE NEW SCIENCE OF COURAGE, CAUTION, AND CHANCE BY KAYT SUKEL



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"An engrossing look at
a fascinating issue."
-SUSANNAH CAHALAN,
author of *Brain on Fire*



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Are risk-takers born or made? Why are some more willing to go out on a limb (so to speak) than others? How do we weigh the value of opportunities large or small that may have the potential to change the course of our lives?

These are just a few of the questions that author Kayt Sukel tackles, applying the latest research in neuroscience and psychology to compelling real-world situations. Building on a portfolio of work that has appeared in such publications as *Scientific American*, *Atlantic Monthly*, *The Washington Post*, and more, Sukel offers an in-depth look at risk-taking and its role in the many facets of life that resonates on a personal level. Smart, progressive, and truly enlightening, *The Art of Risk* blends riveting case studies and hard-hitting science to explore risk-taking and how it impacts decision-making in work, play, love, and life, providing insight in understanding individual behavior and furthering personal success.

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Features

- The Art of Risk The New Science of Courage Caution and Chance

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Most helpful customer reviews

3 of 3 people found the following review helpful.

If you want to know why your brain is telling you to do risky things, this is the book for you

By kastner

I greatly enjoyed Sukel's first book *This Is Your Brain on Sex*, and when I learned that she had another one coming out I immediately ordered a copy. As with the first, I found it an interesting, informative, and thought-provoking take on something that we all deal with on a daily basis. But as the book helps make clear, we aren't nearly as good at understanding Risk as we like to think we are.

One of the things I like about Sukel's writing is that it is very approachable. She provides enough connection to the science to be interesting but without bogging down in all the technical details. She provides anecdotes and summarizes studies that I've been thinking about since reading them, wondering how I can apply the research and lessons to my work and personal life.

It is now on my wife's bookstand, and I'm looking forward to being able to talking about it with her when she finishes it.

3 of 3 people found the following review helpful.

Parents of Teens Should Read This Book

By Jen Singer

Got teens? Read Kayt Sukel's "The Art of Risk" for an explanation--based on the science of the brain--as to why they do such risky things. (And it isn't just to give you gray hairs.) Once you understand how fast a teen's brain is changing and how they need trial and error to learn, the seemingly crazy things they sometimes do en route to adulthood may seem less personal, less motivated by "Let's scare Mom and Dad!"

"The Art of Risk" is more than a look at the art and science behind risk, it's a bit of a parenting book, too--that owner's manual for teens you always wish you had.

0 of 0 people found the following review helpful.

A refreshing way to reframe the importance of risk in our everyday lives

By Poornima Vijayashanker

I liked how Sukel defined risk from the beginning. It's not about throwing caution to the wind, but really about pushing beyond our comfort zone. About 3/4 of the book focuses on the science behind risk. I know for some folks that can be a lot, but I found it refreshing.

Sukel uses the science to show us how our brain reacts to risk taking, but goes on to talk about how e can still nurture our risk taking capabilities. She also dives into common misconceptions around people who take risks e.g. women, base jumpers, and neurosurgeons.

I'd agree with some of the other reviewers that the book should be renamed The Science of Risk. I'd have recommended calling it an art if it was more a pop/psy book, which clearly this book isn't. However, I think it's great that it is about the science and tied to Sukel's work as a scientist.

While some reviewers may not like her personal narrative, I thought it warmed the text, especially given how much science is in it, and helped readers connect to the author and keep the subject matter grounded. I also appreciated how she balanced her personal narrative with a diverse set of stories. Some were interview based while others were told in first person.

I'd highly recommend this book for those looking to get a better understanding of what it means to take a risk in their lives and livelihoods.

See all 36 customer reviews...

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