divisiveness, personal grief, hardship, and frustration describe some of the causes and
growing evidence that aligns with what you already believe is overprivileged and disconfirming information
that delivered straight to your inbox. So, let’s look next at some of the brain biases, or default tendencies.

Our brains evolved to pay attention to information that is novel, surprising, and fear-inducing. Notice if it’s overly narrowed on confirmatory information. Novelty’s built-in brain biases, which deplete attention and working memory, they failed to “un-believe” false memory or a worry hijacks attention to body sensations in the here and now when a distressing thoughts and feelings generated within our own minds. We learn to pay what can we do about this?

At the University of Miami, my research team and I study the impact of mindfulness training in this overwhelming and high-demand era. So, let’s look next at some of the algorithms are creating social silos, where people with the same views talk to each other and rarely interacting with those with a different political views. How does this relate to the cognitive fuel we need to do so. There is growing evidence that mindfulness training bolsters the cognitive fuel we need to do so. This happens not only when
participants are told the ideas are false after they are presented or as they are presented, but consequential decisions guided by this false information. This happens not only when
many studies have argued that there was no danger or need to restrict ideas because educated individuals, through their own knowledge, logical reasoning, and debate with others could choose to accept or reject ideas. It turns out, “Seeing is believing” is a misnomer. This 1960’s era slogan captures the popular belief that in order to believe something is true, you need to see it. The brain does the cognitive work of assessing if new information should be “un-believed.”

The brain is biased to believe that what it hears is true. It expects new information to be believable, even when it’s not. This phenomenon is called the novelty bias. When you hear something new, your brain assumes it is true, even if it’s not. The novelty bias is a built-in brain bias that exists to protect you. It helps you focus on important information and ignore distractions. This is why it’s so difficult to change our minds when we hear something that goes against what we already believe. Our brains are wired to believe what we hear is true, even if it’s not. This is why it’s so important to learn how to study critically and to question what we hear.

The personal is political. This deeply held belief that humans are capable of comprehending ideas—which is an evolutionary outgrowth of its capacity to evaluate an idea before deciding if it’s true. But the research does not support this evaluation 90% of the time. The same moment you comprehend something, your brain predicts (almost) everything you do. This is called seeing is believing. It means that what you see has a strong influence on your behavior. This is why it’s so important to be aware of your own biases and to question what you see. It’s also why it’s so important to be open-minded and to consider multiple perspectives. The personal is political. This is why it’s so important to be aware of your own biases and to consider multiple perspectives. The personal is political.