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Overcoming Overwhelm

Practical Strategies for Beating Decision Fatigue
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Suggested Interview Questions

- ⇒ What is decision fatigue and what triggers it?
- ⇒ You mention there are five sources of decision fatigue. What are they?
- ⇒ What are micro-decisions? Where do they come from?
- ⇒ One of the symptoms of decision fatigue you identify is surveillance society. What is that?
- ⇒ You say that those who manage decision fatigue the best make fewer decisions. How do they do that?
- ⇒ One of the strategies you mention is framing commitments with time-limiting phrases. How can our listeners do that?
- ⇒ Chapter Five is called Multitasking: A great idea that doesn't work? Why are you so down on it? Everybody seems to multitask.
- ⇒ What is APPoplexy? How do you suggest people manage it?
- ⇒ You say the best decision-makers refuse to be bullied by the pressures of society. How do they do that?
- ⇒ How much of an impact does decision fatigue have on the workplace?
- ⇒ How do effective decision makers proactively manage their interactions with people who are demanding and difficult?