

— THE BETTER LIFE SERIES —

PRACTICAL PSYCHOLOGY FOR REAL LIFE

# BETTER DECISION MAKING

Think Clearly, Trust Yourself  
and Make Choices  
You Won't Regret



**ALDEN M. CORVALE**

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This book is for educational and informational purposes. It is not a substitute for individualized medical, psychological, legal, or financial advice.

For high-stakes decisions involving health, safety, law, or major finances, seek appropriately qualified professional guidance.

# Introduction

Every day, you make choices that quietly shape the direction of your life. Some matter for five minutes. Others influence years. Yet most of us were never taught a practical method for deciding. We learn by imitation, emotion, habit, and occasionally by painful experience.

This book is not about becoming perfectly rational. Humans do not work that way, and life does not supply complete information. The goal is more useful: learn to think clearly enough, notice predictable traps, use your values, respect uncertainty, and make decisions you can stand behind even when outcomes are not guaranteed.

Use the exercises on real decisions. Start small. Decision skill grows through practice, review, and correction. The more often you use a clear process, the less you need endless reassurance, and the stronger your self-trust becomes.

For medical, legal, financial, safety, or other high-stakes matters, use appropriate qualified advice. A general decision framework can improve your questions and your clarity, but it does not replace specialized expertise.

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