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### K7XEMF - TRUJILLO WALLS

The paradox of choice is an observation that having many options to choose from, rather than making people happy and ensuring they get what they want, can cause them stress and problematize decision-making. Barry Schwartz wrote about the negative consequences of having too many options in his 2004 book, *The Paradox of Choice: Why More is Less*. Schwartz maintained that an overabundance of options can actually lead to anxiety, indecision, paralysis and dissatisfaction.

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In *The Paradox of Choice*, Barry Schwartz explains at what point choice—the hallmark of individual freedom and self-determination that we so cherish—becomes detrimental to our psychological and emotional well-being. In accessible, engaging, and anecdotal prose, Schwartz shows how the dramatic explosion in choice—from the mundane to the profound challenges of balancing career, family, and individual needs—has paradoxically become a problem instead of a solution.

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*The Paradox of Choice - Wikipedia*  
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 participation, mobility and nourishment, but not all choice enhances freedom. In particular, increased choice among goods and services may contribute little or nothing to the kind of freedom that counts. Indeed, it may impair freedom by taking time and energy we'd be better off devoting to other matters.

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