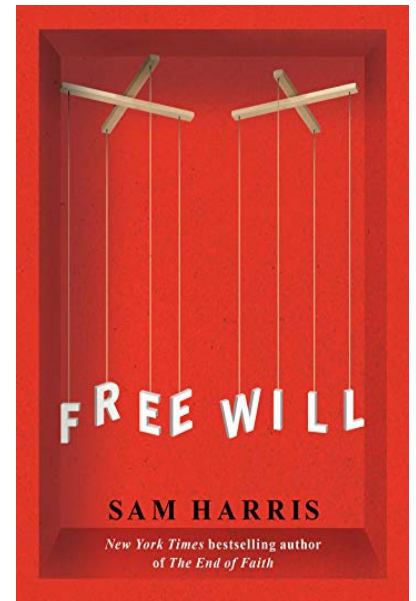


Free Will Book Summary (PDF) by Sam Harris

Ready to learn the most important takeaways from Free Will in less than two minutes? Keep reading!



Why This Book Matters:

Free Will explains how “free will” is merely a concept and what that means for us as a society.

The Big Takeaways:

1. **There is no such thing as “free will.” You cannot dictate the things you do or why you do them.**
 1. If You have no way of knowing what you will do until it is done. Your decisions are made by the way your brain operates on a biological level.
2. **Though there is no such thing as “free will,” you can be aware of your thoughts.**
 1. You can think with purpose and make decisions deliberately
3. **Your thoughts just appear, but you can dictate their purpose.**
 1. You must realize which thoughts to act on and

which ones should remain thoughts.

4. If free will does not exist, we need to keep in consideration people who make bad choices.

1. Without the idea of free will, society needs to reconsider what and who is considered criminal. If free will is non-existent, how can criminals be punished for “making bad decisions?”

5. With the absence of free-will, we must emphasize the importance of recovery over punishment.

1. Understanding the lack of free-will in every individual could change the shape of society and the implication that punishment can change a person.

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