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How to best play the hand you're dealt in life?

A little more than a year before, the psychologist and writer Maria Konnikova had taken a large gamble — the decision to take a sabbatical from her staff job at the New Yorker to train (from scratch) as a professional poker player. Now, she was competing in the PokerStars Caribbean Adventure National Championship. Over three days, Konnikova beat 290 competitors to win the trophy.

Luck or skill?

While skill can predict your overall trajectory across many tournaments, your performance at any particular moment is still the victim of chance. In general, humans tend to over-estimate the role of our own skill thanks to our "illusion of control".

To avoid that trap, you need to start thinking probabilistically. A good probabilistic thinker would be able to recognise the role of luck in the outcomes while objectively analysing the quality of the decision-making underneath. It is the quality of the reasoning, rather the outcome, that matters if you want to improve your long-term performance.

'Tilting'

Besides this appreciation of uncertainty, Konnikova also had to learn to deal with 'tilting'. Examples of tilting could include that despair that

comes from a string of bad luck, or it could be the overconfidence that comes from a win. There is no way to escape it completely, but there are some ways to cope better with its effects.

This includes cultivating greater emotional awareness — "constantly checking in with yourself to see 'what am I feeling?' and 'How am I reacting to this?'" she says. Once you have identified those feelings, you should then try to analyse how they're influencing your judgement, and whether you should try to account for that in your final decision.

主编：桃子

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完成学习

2020 年 8 月 17 日

牌桌上的修行：为什么德州扑克能教我们很多生活道理？

今日导读

在人们的印象中，牌类游戏的输赢往往和“运气”密不可分，然而，美国的畅销书女作家兼心理学家康尼科娃却认为，小小的牌桌上有乾坤。一年多前，她毅然停下了手上的工作，跟随一位大师从头学习德州扑克，之后还赢得了全国锦标赛冠军，奖金累计高达数十万人民币。她不仅学习到了牌场上的“赢钱技巧”，还从中参悟了深刻的“人生哲

理”。到底是什么样的“成功秘诀”？这些哲理怎样帮助我们做出更好的决策？让我们跟着 Natasha 老师一起，到今天文章中一探究竟。

带着问题听讲解

文中的哪些地方运用了双关的写作手法？

如何理解 **account for** 这个短语在文章中的含义？

根据本文，想要在生活中做出正确的决策，需要注意哪两点？

正文

How to best play the hand you're dealt in life?

在生活中，如何做出最佳决策？

A little more than a year before, the psychologist and writer Maria Konnikova had taken a large gamble — the decision to take a sabbatical from her staff job at the New Yorker to train (from scratch) as a professional poker player. Now, she was competing in the PokerStars Caribbean Adventure National Championship. Over three days, Konnikova beat 290 competitors to win the trophy.

一年多之前，心理学家兼作家玛丽亚·康尼科娃开始了一场“豪赌”：她决定从《纽约客》的本职工作中休假，从零开始接受成为职业扑克选手的训练。现在，她正在参与扑克之星加勒比海冒险全国锦标赛的角逐，在三天时间里，她打败了 290 名竞争者，捧回了奖杯。

Luck or skill?

运气或是技巧？

While skill can predict your overall trajectory across many tournaments, your performance at any particular moment is still the victim of chance. In general, humans tend to over-estimate the role of our own skill thanks to our "illusion of control".

虽然技巧可以预测你在多场比赛中整体的发展轨迹，但在每一个具体时刻，你的表现仍然被运气所操控。总的来说，由于“控制幻觉”的存在，人类倾向于高估自身技巧的作用。

To avoid that trap, you need to start thinking probabilistically. A good probabilistic thinker would be able to recognise the role of luck in the outcomes while objectively analysing the quality of the decision-making underneath. It is the quality of the reasoning, rather the outcome, that matters if you want to improve your long-term performance.

为了避免这一陷阱，你需要开始用基于概率论的方式去思考。一个好的概率论思考者能够识别运气在结果中扮演的角色，同时对结果背后的决策质量进行客观的分析。如果你想获得更好的长期结果，重要的是论证的质量，而不是结果如何。

'Tilting'

“情绪波动”

Besides this appreciation of uncertainty, Konnikova also had to learn to deal with 'tilting'. Examples of tilting could include that despair that comes from a string of bad luck, or it could be the overconfidence that comes from a win. There is no way to escape it completely, but there are

some ways to cope better with its effects.

除了对不确定性的理解，康尼科娃还需要学会与“情绪波动”做斗争。所谓的“情绪波动”包括：运气持续欠佳后的绝望，某一次成功后的自满。人们不能完全摆脱这种波动，但有一些办法可以更好地处理波动带来的影响。

This includes cultivating greater emotional awareness — "constantly checking in with yourself to see 'what am I feeling?' and 'How am I reacting to this?'" she says. Once you have identified those feelings, you should then try to analyse how they're influencing your judgement, and whether you should try to account for that in your final decision.

其中一种方式是培养更好的情绪觉知。康尼科娃表示，“可以持续和自己对话，弄清自己的感受，了解自己的应对方式。”一旦你识别出这些情绪，接下来就需要进行分析，这些情绪对你的判断产生了哪些影响，以及你是否需要考虑它对最终判断造成的影响。

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重点词汇

play the hand one is dealt

打好手里的牌，利用好手中的资源

相关词汇：deal (n. 交易；v. 发牌)

搭配短语：make a deal with others (n.)

相关词汇：hand (n. 一手牌)

搭配短语：deal a hand

英文释义：to make use of things that are available

sabbatical

/sə'bætʃ.ɪ.kəl/

n. (大学教师等的) 休假

相关词汇：Sabbath / the Sabbath (安息日)

文化补充：sabbatical 指供大学老师进行学术研究或旅游的休假。最早实行这一制度的是哈佛大学，19 世纪末，当时的哈佛校长批准工作七年以上的教师可以休假一年，休假期间享有半薪。

from scratch

从头开始，从零开始

相关词汇：scratch (v. 胡乱地涂画，潦草地写)

搭配短语：to scratch my name on the register

trajectory

/trə'dʒek.tə.ɪ/

n. (事业等的) 发展轨迹；轨道，轨迹

搭配短语：a missile's trajectory

例句：Her career is on an upward trajectory.

例句：Her career is on a downward trajectory.

thanks to

归功于，由于

同义短语: because of...

例句: We lost the match, thanks to a few silly mistakes.

objectively

/əb'dʒɛk.tɪv.li/

adv. 客观地, 公正地

相关词汇: **object** (n. 客体, 客观存在的事物)

相关词汇: **objective** (adj. 客观的, 公正的)

underneath

/ˌʌn.də'ni:θ/

adv. 在.....下面, 在.....背后

词义辨析: underneath, under

两个单词都表示“在.....的下面”。但是, **under** 在日常生活中更常用, 只要表示“在.....下方”都可以用它, 而 **underneath** 更正式一些, 并且暗含着“下方的物体位置比较隐蔽”的含义。

搭配短语: a bomb under the car (表示炸弹的位置在车子的下方)

搭配短语: a bomb underneath the car (说明这枚炸弹藏在车子下方, 不容易被看到)

reasoning

/'ri:zən.ɪŋ/

n. 推理, 论证

相关词汇: **reason** (n. 原因; v. 推理, 推断)

例句: We can reason that he must be the murderer.

appreciation

/əˌpri:ʃi'eɪʃən/

n. 理解，认识；欣赏；感谢

相关词汇：appreciate (v. 欣赏；感谢；充分了解，充分意识)

搭配短语：appreciate foreign literature

例句：An early reply would be appreciated.

例句：I appreciate your problems.

despair

/dɪ'speɪ/

n. 绝望

近义词：hopelessness (n. 无望，绝望)

近义词：desperation (n. (让人铤而走险的) 绝望)

a string of

一连串，一系列 (事件等)

相关词汇：string (n. 一系列，一连串)

搭配短语：a string of islands in the Pacific

cope with

应对，应付

近义词：deal with (处理，应付)

英文释义：to deal successfully with a difficult situation

搭配短语：to cope with the floods this year

cultivate

/'kʌl.tə.veɪt/

v. 培养，养成；种植

搭配短语： to cultivate roses on Mars

check in with sb.

和某人谈话

英文释义： to talk with someone in order to find out new information

例句： I'll check in with you later.

account for sth.

考虑.....

英文释义： to think about (something) before doing something

拓展阅读

德州扑克规则解读

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