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The Age of Choice Sophia Rosenfeld,2025-02-04 Finalist for the Cundill History Prize A New York Times Book Review Editors Choice A sweeping history of the rise of personal choice in the modern world and how it became equated with freedom Choice touches virtually every aspect of our lives from what to buy and where to live to whom to love what profession to practice and even what to believe But the option to choose in such matters was not something we always possessed or even aspired to At the same time we have been warned by everybody from marketing gurus to psychologists about the negative consequences stemming from our current obsession with choice It turns out that not only are we not very good at realizing our personal desires we are also overwhelmed with too many possibilities and anxious about what best to select There are social costs too How did all this happen The Age of Choice tells the long history of the invention of choice as the defining feature of modern freedom Taking readers from the seventeenth century to today Sophia Rosenfeld describes how the early modern world witnessed the simultaneous rise of shopping as an activity and religious freedom as a matter of being able to pick one s convictions Similarly she traces the history of choice in romantic life politics and the ideals of human rights Throughout she pays particular attention to the lives of women those often with the fewest choices who have frequently been the drivers of this change She concludes with an exploration of how reproductive rights have become a symbolic flashpoint in our contemporary struggles over the association of liberty with choice Drawing on a wealth of sources ranging from novels and restaurant menus to the latest scientific findings about choice in psychology and economics The Age

of Choice urges us to rethink the meaning of choice and its promise and limitations in modern life **The Quick Theory**

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