

TOO MANY CHOICES

harder decisions



The Paradox of Choice

When too many options make decisions harder

English level : ★★☆☆☆

Today people have many choices in daily life. We choose clothes, food, and many other things. At first, more choices seem very good. But too many options can confuse people. They may feel worried about making a mistake. Because of this, choosing becomes harder.

Choice	انتخاب
option	گزینه
confuse	گیج کردن
mistake	اشتباه

The paradox of choice explains this problem. When there are many options, people think too much. They compare every choice again and again. This takes time and creates stress. Sometimes people cannot decide at all. Finally, they feel unhappy with their choice.

compare	مقایسه کردن
decide	تصمیم گرفتن
stress	استرس
	ناراضی