Dr. Carmen Sanz-Fernández describes her research on the impact of cognitive strategies on decision-making in her book, "Cognitive Biases in Decision-Making: How to Avoid Them in Business and Finance." She discusses the role of familiarity, adaptation, and fear-of-loss biases in influencing financial decisions and provides strategies for mitigating these biases to improve decision-making outcomes.

In her latest research, Dr. Sanz-Fernández has explored the influence of gender in decision-making processes. Her findings suggest that women are more likely to engage in risk-averse behavior, which can impact their financial outcomes. She emphasizes the importance of understanding these biases and adapting decision-making strategies accordingly.

Dr. Sanz-Fernández's work highlights the importance of considering cognitive biases in financial decision-making and provides practitioners with tools to help avoid these biases and make more informed decisions. Her research is particularly relevant in the current economic environment, where uncertainty and volatility are high.

Dr. Sanz-Fernández's research is based on years of empirical studies and practical applications. Her methods involve the use of behavioral economics and experimental psychology to explore the psychological mechanisms underlying decision-making processes. Her work has implications for individuals, businesses, and policymakers, and she is currently working on extending her research to other contexts.