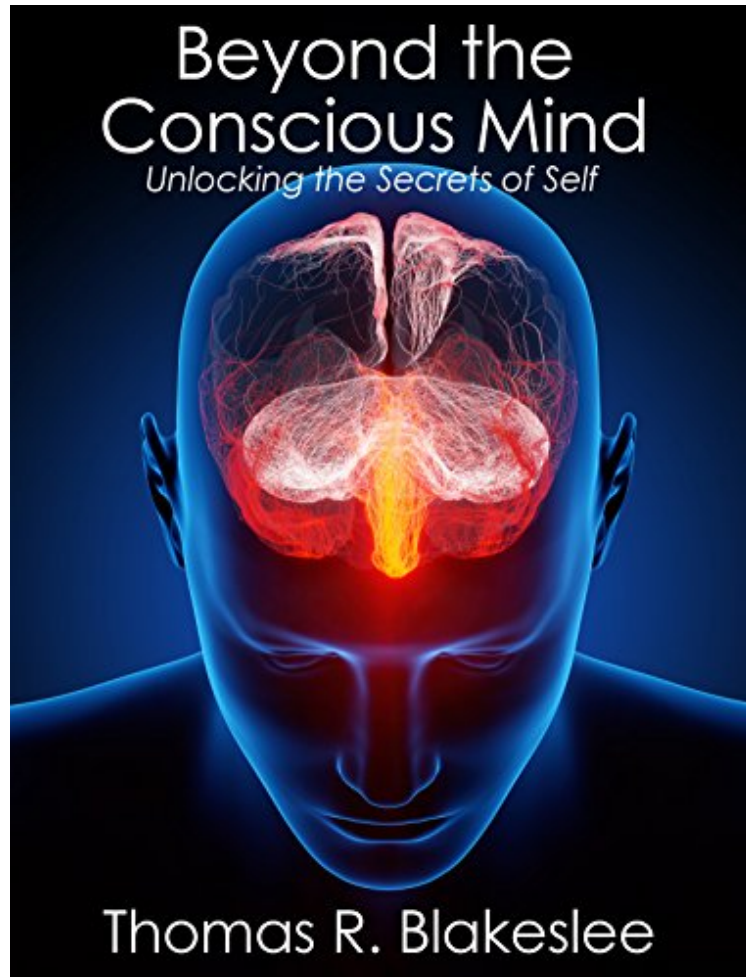


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Beyond the Conscious Mind: Unlocking the Secrets of the Self (English Edition)

Von Thomas R Blakeslee

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KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. Could not put it down, great book.Von Schelst@aol.comThis book is probably one of the most interesting books I have read. It is easy to read and revolutionary at the same time. I stumbled across this book at the University of Arizona College Book Store. Otherwise, I would never have found it. I am completely baffled as to why this book is currently out of print. If you have any interest in psychology, this book is an absolutely must read! If you do not read this book, you

are missing something very important.

Kurzbeschreibung A new understanding of consciousness that helps you to better understand your own and others behavior. Your mind is a self-organized team of specialized, independent centers of thinking. When we discuss our thoughts and actions in words, it is one of those centers, which we call the self, speaking. Yet most of our behavior is controlled by other specialized centers of thinking which prevail when the context requires their special abilities. Unfortunately, the self tries to explain all of our behavior, even though it is simply rationalizing. Being word-oriented, it has no direct knowledge of the real reasons for our non-verbal behavior. Chemical signals do give the self vague clues, such as queasy or elated feelings, but the self is forced to fabricate, sometimes elaborate, explanations for our behavior and feelings. With practice, you can learn to see through these rationalizations and better understand your own and other's behavior. Self-control is when the self actually takes control of behavior. Though useful for suppressing bad impulses, continual self-control is not a goal we should strive for. There are good reasons for the way our brain is organized as a consortium because logic and language are not always the best approach to everything. Intuition and "feel" are more effective for many tasks. Once you understand how the brain really works, you can work on developing mental habits that will increase your effectiveness by using minimal self-control and building a harmonious team of specialists in your head that know how to cooperate to get the job done.

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Synopsis A new understanding of consciousness that helps you to better understand your own and others behavior. Your mind is a self-organized team of specialized independent modules that each take control of your behavior depending upon context. One of these modules, the "self-module," is the verbal interpreter of all of your behavior. However this self-module only controls behavior when you are using self-control. Introspection is thus usually nothing more than self-serving rationalization. Using experimental evidence Blakeslee clearly demonstrates the many mental illusions created by this flawed understanding of self and helps you to develop a new, more accurate, self-concept.