

Strangers To Ourselves Discovering The Adaptive Unconscious

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STRANGERS TO OURSELVES is a book of great breadth and depth that will captivate anyone with an interest in consciousness, self-knowledge, and the very essence of being human. James W. Pennebaker. Strangers to Ourselves is a rare combination of lucid prose, penetrating insight, and cutting-edge research. Wilson uses modern science to examine a problem that has troubled philosophers for millennia-how and how well can we know ourselves?and concludes that people rarely know the causes of ...

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Gladwell claims this book, Strangers to Ourselves as "probably the most influential book I've ever read", and cites it as instrumental in his decision to write Blink. And yet it appears that Gladwell fundamentally misunderstood the nature of how unconscious decision making takes place and whether it can be trusted.

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Showing us an unconscious more powerful than Freud's, and even more pervasive in our daily life, Strangers to Ourselves marks a revolution in how we know ourselves.

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Strangers to Ourselves Quotes by Timothy D. Wilson
This is my book summary of Strangers to Ourselves by Timothy D. Wilson. My notes are informal and often contain quotes from the book as well as my own thoughts. This summary also includes key lessons and important passages from the book. This book answers two main questions: why it is that people often do not know themselves very well.

Book Summary: Strangers to Ourselves by Tim Wilson
About Timothy D. Wilson. Timothy D. Wilson is an American social psychologist, the Sherrell J. Aston Professor of Psychology at the University of Virginia, and the author of two very popular books on psychology, Strangers to Ourselves and Redirect. Known for his research in areas such as the limits of introspection and unconscious processing, together with his long-time collaborator Daniel Gilbert, Timothy D. Wilson is widely considered one of the leading social psychologists of today.

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Strangers to Ourselves is a rare combination of lucid prose, penetrating insight, and cutting-edge research. Wilson uses modern science to examine a problem that has troubled philosophers for millennia--how and how well can we know ourselves?--and concludes that people rarely know the causes of their own behavior.

Strangers to Ourselves: Discovering the Adaptive ...
Strangers to Ourselves is a clearly written and important book identifying the various internal walls impeding self-knowledge and providing advice on how we might enhance our ability to surmount them. The former constitutes the more interesting aspect of Wilson's book.

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Strangers to Ourselves: Discovering the Adaptive ...
Wilson makes the case for better ways of discovering our unconscious selves. If you want to know who you are or what you feel or what you're like, Wilson advises, pay attention to what you actually...

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Strangers to Ourselves: Discovering the Adaptive ...
STRANGERS TO OURSELVES is a book of great breadth and depth that will captivate anyone with an interest in consciousness, self-knowledge, and the very essence of being human., Wilson convincingly argues that our conscious minds are but the tip of the iceberg in deciding how we behave, what is important to us, and how we feel.

Strangers to Ourselves : Discovering the Adaptive ...
Showing us an unconscious more powerful than Freud's, and even more pervasive in our daily life, Strangers to Ourselves marks a revolution in how we know ourselves. The book is published by Harvard University Press. ©2002 the President and Fellows of Harvard College (P)2011 Redwood Audiobooks More from the same

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dency to ourselves, because wearing them on our sleeves annoys others. Support for this hypothesis comes from a study by Dufner (2012), who found that there was a social benefit to actualself-enhancement but a social cost to perceivedself-enhancement. The more people actually self-enhanced