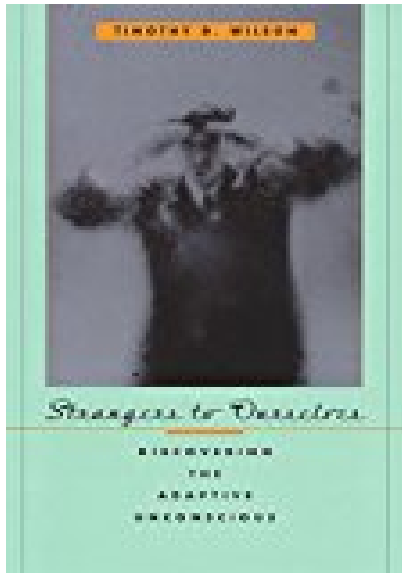


Strangers to Ourselves Discovering the Adaptive Unconscious



BOOK DETAILS

- Author : Timothy D. Wilson
- Pages : 262 Pages
- Publisher : Belknap Press
- Language : English
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BOOK SYNOPSIS

"Know thyself," a precept as old as Socrates, is still good advice. But is introspection the best path to self-knowledge? 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 do and what other people think about you. 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.

STRANGERS TO OURSELVES DISCOVERING THE ADAPTIVE

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