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Strangers to Ourselves: Discovering the Adaptive Unconscious. by. Timothy D. Wilson. 3.95 · Rating details · 1,695 ratings · 116 reviews. "Know thyself," a precept as old as Socrates, is still good advice.

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Strangers To Ourselves Discovering The Adaptive Unconscious

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.

Book Summary: Strangers to Ourselves by Tim Wilson

Strangers to Ourselves. by. Julia Kristeva (Translator) , Leon S. Roudiez (Translator) , Leon S. Roudiez (Translator) 3.88 · Rating details · 323 ratings · 11 reviews. This book is concerned with the notion of the "stranger"—the foreigner, outsider, or alien in a country and society not their own- as well as the notion of strangeness within the self -a person's deep sense of being, as distinct from outside appearance and their conscious idea of self.

Strangers to Ourselves by Julia Kristeva - Goodreads

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 ...

 It's an easy 5 stars. The adaptive unconscious that empirical psychology has revealed, and that Wilson describes, is much more than a repository of primitive drives and conflict-ridden memories.

 180-gram double vinyl. In an eye-opening tour of the unconscious, as contemporary psychological science has redefined it, This is not your psychoanalyst's unconscious. Label: Epic ...

Strangers to Ourselves

Strangers to Ourselves. Book Description: "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.

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Strangers to Ourselves: Discovering the Adaptive Unconscious. Paperback - May 15 2004. by Timothy D. Wilson (Author) 4.5 out of 5 stars 104 ratings. See all 8 formats and editions. Hide other formats and editions. Amazon Price. New from. Used from.

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Interesting, engaging, entertaining, informative. Don't pick up Timothy Wilson's Strangers to Ourselves: Discovering the Adaptive Unconscious thinking it might be a self-help book. It is really a serious consideration of the unconscious mind readily available to the general reader.

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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

Self-Knowledge and the Adaptive Unconscious

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