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Beyond the Conscious Mind: Unlocking the Secrets of the Self

Thomas Blakeslee

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Beyond the Conscious Mind: Unlocking the Secrets of the Self Thomas Blakeslee
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.

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