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# Strangers To Ourselves Discovering The Adaptive Unconscious

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Strangers to Ourselves

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Twin? | Full

Documentary | Finding

The Most Identical

Strangers Episode 3 –

Know Thyself?:

Strangers to ourselves

Strangers to Ourselves

by Timothy D. Wilson -

3 Big Ideas

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**Strangers to Ourselves**

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The "Strangers to  
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Pennebaker. Strangers  
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Ourselves: Discovering  
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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  
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making takes place

and whether it can be trusted. Strangers to Ourselves: Discovering the Adaptive Unconscious. Timothy D. Wilson. Copyright Date: 2002. Published by: Harvard University Press.  
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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 :  
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an unconscious more  
powerful than Freud's,  
and even more  
pervasive in our daily  
life, Strangers to

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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 ...*

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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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*  
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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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**Discovering The**

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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., 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.