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Paperback – 27 Feb. 2014 by Ajit

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Juni 2013 von Ajit Varki (Autor),
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The history of science abounds with
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conventional wisdom and yet were
eventually proven true. Ajit Varki and
Danny Brower's "Mind over Reality"
theory is poised to be one such idea-a
concept that runs counter to

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commonly-held notions about human evolution but that may hold the key to understanding why humans evolved as we did, leaving all other related species far behind. At a chance meeting in 2005, Brower, a geneticist, posed an unusual idea to Varki that he believed could explain the origins of human uniqueness among the world's species: Why is there no humanlike elephant or humanlike dolphin, despite millions of years of evolutionary opportunity? Why is it that humans alone can understand the minds of others? Haunted by their encounter, Varki tried years later to contact Brower only to discover that he had died unexpectedly. Inspired by an incomplete manuscript Brower left behind, Denial presents a radical new theory on the origins of our species. It was not, the authors argue, a

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biological leap that set humanity apart from other species, but a psychological one: namely, the uniquely human ability to deny reality in the face of inarguable evidence—including the willful ignorance of our own inevitable deaths. The awareness of our own mortality could have caused anxieties that resulted in our avoiding the risks of competing to procreate—an evolutionary dead-end. Humans therefore needed to evolve a mechanism for overcoming this hurdle: the denial of reality. As a consequence of this evolutionary quirk we now deny any aspects of reality that are not to our liking—we smoke cigarettes, eat unhealthy foods, and avoid exercise, knowing these habits are a prescription for an early death. And so what has worked to establish our species could be our

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undoing if we continue to deny the consequences of unrealistic approaches to everything from personal health to financial risk-taking to climate change. On the other hand reality-denial affords us many valuable attributes, such as optimism, confidence, and courage in the face of long odds. Presented in homage to Brower's original thinking, Denial offers a powerful warning about the dangers inherent in our remarkable ability to ignore reality-a gift that will either lead to our downfall, or continue to be our greatest asset.

The history of science abounds with momentous theories that disrupted conventional wisdom and yet were eventually proven true. Ajit Varki and Danny Brower's "Mind over Reality" theory is poised to be one such idea-a

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Describes why humans are able to deny reality and ignore their own inevitable deaths to the detriment of the entire species and what might be done to change this mindset.

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Beliefs And The Origins Of

People believe what they want to believe. It is a striking-yet all too familiar-fact about human beings that our belief-forming processes can be so distorted by fears, desires, and prejudices that an otherwise sensible person may sincerely uphold a false claim about the world despite overwhelming evidence to the contrary. When we describe someone as being "in denial," we mean that he or she is personally threatened by some set of facts and consequently fails to assess the situation properly according to the evidence, instead arguing and interpreting evidence in light of a pre-established conclusion. In a world polarized over politics, culture, race, and religion, it is evident that ideological commitments can influence one's perception of reality in

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socially destructive ways, especially when one perceives a threat to these commitments. When group interests, creeds, or dogmas are threatened by unwelcome factual information, biased thinking can become ideological denialism. This is a problem that affects everybody: Whereas denial can interfere with individual well-being, ideological denialism can stand in the way of urgent advancements in public policy. This book offers an accessible, historically and scientifically informed overview of our understanding of denial and denialism. Adrian Bardon introduces the reader to the latest developments in the interdisciplinary study of denial, and then investigates the role of human psychology and ideology in, respectively, science denial, economic policy, and religious

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From the Pulitzer Prize-winning journalist and author of *Why We Make Mistakes*, an illuminating exploration of human beings' astonishing ability to deceive themselves. To one degree or another, we all misjudge reality. Our perception—of ourselves and the world around us—is much more malleable than we realize. This self-deception influences every major aspect of our personal and social life, including relationships, sex, politics, careers, and health. In *Kidding Ourselves*, Joseph Hallinan offers a nuts-and-bolts look at how this penchant shapes our everyday lives, from the medicines we take to the decisions we make. It shows, for instance, just how much the power of

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many modern medicines, particularly anti-depressants and painkillers, is largely in our heads. Placebos in modern-day life extend beyond hospitals, to fake thermostats and “ elevator close ” buttons that don ’ t really work...but give the perception that they do. *Kidding Ourselves* brings together a variety of subjects, linking seemingly unrelated ideas in fascinating and unexpected ways. And ultimately, it shows that deceiving ourselves is not always negative or foolish. As increasing numbers of researchers are discovering, it can be incredibly useful, providing us with the resilience we need to persevere, in the boardroom, bedroom, and beyond. Provocative, accessible, and easily applicable to multiple facets of everyday life, *Kidding Ourselves* is an extraordinary new exploration of our

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mind's flexibility.

The Origins Of The Human Mind

Self-deception poses longstanding and fascinating paradoxes. Philosophers have questioned whether, and how, self-deception is even possible; evolutionary theorists have debated whether it is adaptive. For Sigmund Freud self-deception was a fundamental key to understanding the unconscious, and from The Bible to The Great Gatsby literature abounds with characters renowned for their self-deception. But what exactly is self-deception? Why is it so puzzling? How is it performed? And is it harmful? In this thorough and clearly written introduction to the philosophy and psychology of self-deception, Eric Funkhouser examines and assesses these questions and more:
Clarification of the conceptual

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background and "Basic problem" of self-deception, including Freud and Davidson and the important debate between intentionalists and motivationalists Deflationary accounts that appeal to cognitive and motivational biases, with emphasis on how motives and emotions drive self-deception Intentional self-deception and the "divided mind," including the role of the unconscious in recent psychological research Challenges that self-deception poses for philosophy of mind and psychology, especially for our understanding of intention, belief, and deception Biology and moral psychology of self-deception: Is self-deception functional or beneficial? Are the self-deceived to be held accountable? Combining philosophical analysis with the latest psychological research, and including

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features such as chapter summaries, annotated recommended reading and a glossary, *Self-Deception* is an excellent resource for students of philosophy of mind and psychology, moral psychology and ethics, as well as those in related fields such as psychology and cognitive science.

Explores the author's theorized evolutionary basis for self-deception, which he says is tied to group conflict, courtship, neurophysiology, and immunology, but can be negated by awareness of it and its results.

This edition tackles the issue of self-deception and provides methodologies to help people overcome it.

A biological and psychological analysis of the human practice of

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lying reveals the role played by deception and self-deception in evolution, demonstrating how the structure of the brain is shaped by a need to deceive. Reprint. 12,500 first printing.

The unpredictability and anxiety associated with the coronavirus pandemic can cloud and confuse everybody's thinking. Excuses, self-deception and addictive logic can harm your recovery and relationships. Don't let it. Author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individuals and offers hope to those seeking a healthy and rewarding recovery. Abnormal thinking in addiction was originally recognized by members of Alcoholics Anonymous,

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who coined the term "stinking thinking." Addictive thinking often appears rational superficially, hence addicts as well as their family members are easily seduced by the attendant--and erroneous--reasoning process it can foster. In Addictive Thinking, author Abraham Twerski reveals how self-deceptive thought can undermine self-esteem and threaten the sobriety of a recovering individual. This timely revision of the original classic includes updated information and research on depression and affective disorders, the relationship between addictive thinking and relapse, and the origins of addictive thought. Ultimately, Addictive Thinking offers hope to those seeking a healthy and rewarding life recovery.

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