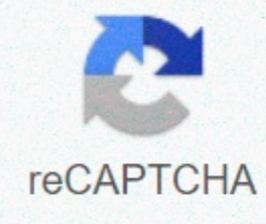




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Used books may not include related materials, some shelf wear, may contain backlights/notes, may not include cdrom or access codes. Customer service is our top priority!. Seller Inventory and S_294314900 more information about this seller contact this seller 30. Page 3 My father-in-law gave me this book at some point in the nineties. I remember wondering why this book like it otherwise did not give me a book. His daughter later showed me that he thought I lied when telling the story of seeing a white-tipped reef shark while snorkelling Maledives. It was at the time we started dating and maybe it was one (of many?) reasons he thought I was struggling with keeping reality and fiction apart and I was in dire need of this book. I never asked him and I my mother-in-law gave me this book at some point in the nineties. I remember wondering why this book as it otherwise did not give give Books. His daughter later showed me that he thought I lied when telling the story of seeing a white-tipped reef shark while snorkelling in Maledives. It was at the time we started dating and maybe it was one (of many?) reasons he thought I was struggling with keeping reality and fiction apart and I was in dire need of this book. I never asked him and I didn't get around until the end of the book (I started several times). Now, many years later, I'll only reread the sections that I previously highlighted and base my review on that, as I don't remember much of the book anymore (except for the basic concept of the book, which I'm sure other people wrote more eloquently about elsewhere). Below are the page numbers, my last comment and my new commentary on this particular section: Page 21-23, (most of the text is highlighted)Daniel uses the framed picture as a metaphor for our perception. The picture is what experience and frame is how we perceive it (we notice what we experience, but rarely how we perceive experience). Since the wrong frame will distract from the picture, the concussion of perception will distort the experience and negatively affect their own actions. A person who is overly sensitive is more likely to suppress and build blind spots. Finally, he writes about the positive and negative effects of filtering information. I like this metaphor, but I completely forgot it after reading the book. Page 107 (explanation of origin I'm highlighted)Explaining how identity is formed through interaction between child and parents, family and peers. Page 108, (proposal highlighted) Proposal (in German) says that a clear sign of self-centeredness is the inability to incorporate new information into existing thinking patterns. Page 109, (several sentences highlighted) Deceptions and prejudices are so common because they help protect a person: they protect the integrity of organized knowledge about themselves. In addition, it helps to prioritize the value of yourself, as without the organization structure all the information will be stored randomly, with it the information becomes assimilated and can easily access. Self-esteem is often deeply flawed: ordinary people think they are beautiful, highly competent people think they are inadequate, incompetent people think they are taller, etc. Page 110, (several parts highlighted) Information that poses a danger to themselves (not to tell the story you tell about yourself) is equally dangerous self-esteem. That's enough to create fear. When self-destructive thoughts become chronic it is a sign of depression. I am surprised that I wrote the name of this man next to this text as I do not remember that man as Page 112, The star next to the line people with low self-esteem bear the psychological burden of difficult, disapproving parents parents quite obvious to me so far (as opposed to the above). Page 169, (bookmark) There is a comment on how a child who has learned to expect a rejection of parents will react incredulously to peer comments. An incredulous reaction will cause a negative reaction among peers and thus create a strengthened vicious circle. I can totally see how my wife got into this scheme. Page 190, (bookmark) The story of how the family is dealing with the death of a father, where one of the boys is being told over and over again that he plans to jeopardize something and the family as a whole understand it and prevent it. The death of an unpreventable father gets corrected in the family many times since as to prevent many smaller horrors from happening - the distorted reality of the family gets created. The problem is that the boy who gets accused of the behavior (for which he is largely not responsible) will be affected for life and may do so separately from himself. Page 244 I'm a person on page 244 - makes a hapless Goldman explains that tactfulness is the foundation of a social alliance that ensures that we share a common framework. A person (like me!) who is not tactically an attack on social norms. A person with a different frame of perception is not rewarded, but often suffers from seeing things (such as the real emotions of peoples) that others do not. Taboos are a very common form of social deception - demarcation of fear-inducing zones of silence. I hate taboos (as it seems to be the narrow framing of reality for me), and while our societies during my life are becoming more liberal, we have created new taboos that are totally unnecessary (e.g., the prohibition of racism in Switzerland in the 90s, which effectively prohibits, for example, public discussion with a Holocaust denier, etc.) Page 266, (laying down) Self-deception downplayed the risks of human bravery. An act of perception, as well as an act of selection. Our survival as a species is probably helped by this ability to filter. The negative effects come when our filters are kept out of events that have caused pain and no longer allow information that may be relevant even if the information is painful. As I'm about to take part in one of the major established social self-debuding called entrepreneurship I enjoyed reading through parts of this book for review. Given that the book is from the 80s and so much has happened in the space of self-discovery, it still seems very relevant today (although some should be out of date). For the content I would like to give the book 4 stars, however the German translation makes many sentences in vain difficult. If there is never German translation around, I recommend you try that one. More... More

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