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Sommario/riassunto	This book gives the reader an understanding of what consciousness is about, and of how to make conscious experiences more pleasant. It expands on a new theory that describes the evolutionary trajectory leading to conscious life forms. In short, the evidence suggests that consciousness first evolved some 300 million years ago as a consequence of the introduction of feelings. Feelings offer a strategy for making behavioural decisions. Besides playing a crucial role in the

evolution of the human mind, they are a key factor in regard to mental health and quality of life. Fortunately, the human brain is plastic. By exploiting available options for modulating the mind, it is therefore possible to impact on what sort of experiences the brain serves. More specifically, you can strengthen the capacity for positive feelings and reduce the sway of negative feelings. The text covers biological, neurological, psychological, and philosophical aspects of the mind.
