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Nota di contenuto	Contents; 1 The Self-Aware Animal; 2 Living in Two Worlds; 3 Through the Eyes of the Ego; 4 Making Ourselves Miserable; 5 When Selves Collide; 6 Risking Life and Limb; 7 Religion and Morality; 8 The Self Out of Control; 9 Bringing Out the Best in the Self; Notes; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; R; S; T; U; V; W; Y; Z
Sommario/riassunto	Human beings have the ability to think consciously about themselves, which allows them, among other things, to imagine themselves in the future, anticipate the consequences of their behaviour and plan ahead. This can sometimes cause problems and the author suggests ways to approach self-reflection in a positive manner.