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Sommario/riassunto	How can symbols have meaning for a subject? Foundations of Understanding argues that this is the key question to ask about intentionality, or meaningful thought. It thus offers an alternative to currently popular linguistic models of intentionality, whose inadequacies are examined: the goal should be to explain, not how symbols, mental or otherwise, can refer to or 'mean' states of affairs in the external world, but how they can mean something to us, the users. The essence of intentionality is shown to be conscious understanding, the roots of which lie in experiences of embodiment and goal-dir

