

1. Record Nr.	UNINA9910957001003321
Autore	Depraz Nathalie
Titolo	On becoming aware : a pragmatics of experiencing // [edited by] Natalie Depraz, Francisco J. Varela, Pierre Vermersch
Pubbl/distr/stampa	Amsterdam ; ; Philadelphia, : John Benjamins, 2002
ISBN	9786612255458 9781423766476 1423766474 9789027251633 9027251630 9789027296832 9027296839 9781282255456 1282255452
Edizione	[1st ed.]
Descrizione fisica	291 p
Collana	Advances in consciousness research ; ; v. 43
Altri autori (Persone)	DeprazNatalie VarelaFrancisco J. <1946-> VermerschPierre
Disciplina	128/.4
Soggetti	Experience Awareness
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	On Becoming Aware -- Editorial page -- Title page -- LCC page -- Table of contents -- Introduction: A guide for the perplexed -- Part I. The structural dynamics of becoming aware -- Chapter 1. The basic cycle -- Chapter 2. The structure of a session -- Chapter 3. Surrounding events: The specific temporal logic of training, motivation and postsession work -- Part II.The motivations for the study of experiencing -- Chapter 4. The point of view of the researcher -- Chapter 5. Concerning practice -- Chapter 6. The philosophical challenge -- Chapter 7. Wisdom traditions and the ways of reduction -- Open conclusion -- Postface -- References -- Glossary of terms -- Sources -- Index -- The series ADVANCES IN CONSCIOUSNESS

## RESEARCH.

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### Sommario/riassunto

This book searches for the sources and means for a disciplined practical approach to exploring human experience. The spirit of this book is pragmatic and relies on a Husserlian phenomenology primarily understood as a method of exploring our experience. The authors do not aim at a neo-Kantian a priori 'new theory' of experience but instead they describe a concrete activity: how we examine what we live through, how we become aware of our own mental life. The range of experiences of which we can become aware is vast: all the normal dimensions of human life (perception, motion, memory, imagination, speech, everyday social interactions), cognitive events that can be precisely defined as tasks in laboratory experiments (e.g., a protocol for visual attention), but also manifestations of mental life more fraught with meaning (dreaming, intense emotions, social tensions, altered states of consciousness). The central assertion in this work is that this immanent ability is habitually ignored or at best practiced unsystematically, that is to say, blindly. Exploring human experience amounts to developing and cultivating this basic ability through specific training. Only a hands-on, non-dogmatic approach can lead to progress, and that is what animates this book. (Series B).

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