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Wilson uses modern science to examine a problem that has troubled

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philosophers for millennia?how and
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concludes that people rarely know the
causes of their own behavior.

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Amiel, The Private Journal". ? Timothy
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that at any given moment, our five
senses are taking in more than
11,000,000 pieces of information.

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Strangers to Ourselves Quotes by
Timothy D. Wilson

This is my book summary of Strangers to Ourselves by Timothy D. Wilson. My notes are informal and often contain quotes from the book as well as my own thoughts. This summary also includes key lessons and important

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Adaptive Unconscious passages from the book. This book answers two main questions: why it is that people often do not know themselves very well.

Book Summary: Strangers to Ourselves by Tim Wilson
About Timothy D. Wilson. Timothy D.

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Wilson is an American social psychologist, the Sherrell J. Aston Professor of Psychology at the University of Virginia, and the author of two very popular books on psychology, Strangers to Ourselves and Redirect. Known for his research in areas such as the limits of introspection and

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Adaptive Unconscious, together with his long-time collaborator Daniel Gilbert, Timothy D. Wilson is widely considered one of the leading social psychologists of today.

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Strangers to Ourselves is a rare combination of lucid prose, penetrating insight, and cutting-edge research. Wilson uses modern science to examine a problem that has troubled philosophers for millennia--how and how well can we know ourselves?--and concludes that people

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rarely know the causes of their own
behavior.

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Strangers to Ourselves is a clearly
written and important book identifying
the various internal walls impeding self-

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Wilson makes the case for better ways of discovering our unconscious selves. If you want to know who you are or what you feel or what you're like, Wilson advises, pay attention to what you actually...

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STRANGERS TO OURSELVES is a book of great breadth and depth that will captivate anyone with an interest in consciousness, self-knowledge, and the very essence of being human., Wilson convincingly argues that our conscious minds are but the tip of the iceberg in deciding how we behave,

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what is important to us, and how we
feel.

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powerful than Freud's, and even more
pervasive in our daily life, Strangers to

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endency to ourselves, because wearing them on our sleeves annoys others.

Support for this hypothesis comes from a study by Dufner (2012), who found that there was a social benefit to actual self-enhancement but a social cost to perceived self-enhancement.

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The more people actually self-
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