

Contents

	Preface	vii
1	Freud's Genius, Freud's Myopia	1
2	The Adaptive Unconscious	17
3	Who's in Charge?	43
4	Knowing Who We Are	67
5	Knowing Why	93
6	Knowing How We Feel	117
7	Knowing How We Will Feel	137
8	Introspection and Self-Narratives	159
9	Looking Outward to Know Ourselves	183
10	Observing and Changing Our Behavior	203
	Notes	223
	Bibliography	237
	Index	257