

Vital Lies, Simple Truths

The Psychology of Self-Deception

Daniel Goleman

Everything the mind perceives is sorted, filtered and censored by the unconscious before it reaches awareness, and as much as 99 percent is never even registered. Our blind spots block these perceptions and in so doing offer us a sense of security, but at a psychological cost. The mind actively shields itself from anxiety by twisting attention away from painful truths. Thus, in an effort to avoid anxiety, the unconscious censors information, whether it be perceptions of the moment or distant memories. The result of this filtering is a soothing self-deception which diminishes anxiety — but the price to be paid is a blunted experience of life.

Goleman draws upon a wide variety of evidence from brain function to social dynamics to reveal the ways in which we skew crucial aspects of our lives, of our most intimate relationships and of our common reality.

*Simon & Schuster, 1985,
287 pages, 9½" x 6½",
paperback, \$8.95*

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"The range of what we think and do is limited by what we fail to notice. And because we fail to notice *that* we fail to notice there is little we can do to change until we notice how failing to notice shapes our thoughts and deeds"
— R. D. Laing



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Everything is Somewhere

The Geography Quiz Book

Jack McClintock
& David Helgren

When one-third of David Helgren's freshman geography class at the University of Miami couldn't locate the Pacific Ocean and seven percent could not point out Miami on the maps on their desks, a national nerve was struck. Since his quiz results were nationally publicized, Helgren has received hundreds of letters and calls — many from people wanting to be quizzed on their knowledge or learn more about geography. **Everything is Somewhere** contains hundreds of questions that will challenge even the most "worldly" trivia buffs.

W

**Where is the
oldest ship in the
world?**

**Where would you
find the largest
spider?**

**Where are the best
Panama hats
made?**

N

Morrow/Quill, 1986, 442 pages,
11" × 8½", paperback, \$10.95

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What is fog?

**What are the
horse latitudes?**

**How hot can it get
in the shade?**

**What continent
has the highest
birth rate?**

**Which is the most
widely planted
agricultural tree?**

**Which is larger —
Asia or the Pacific
Ocean?**

S