

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



THE RAINBOW

From Myth to Mathematics

Carl B. Boyer

Princeton Univ. Press, 1987, 376 pages,
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—from the publisher

"Carl B. Boyer . . . demonstrates the infinite attention to detail necessary for the historical scholar, shows us that he has the objectivity of the true scientist, and possesses the analytical tools of the mathematician; but he has written primarily a biography, the biography of the rainbow."

—J. G. Kemeny, *The New York Times Book Review*



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" . . . the book deftly delivers a mountain of fascinating automotive information by weaving in amusing anecdotes."

— New York
Times Book Review

Peter Marsh &
Peter Collett

Faber & Faber, 1986, 214 pages, 9 1/4" x 6",
hardcover, \$16.95 ISBN 0-571-12973-0

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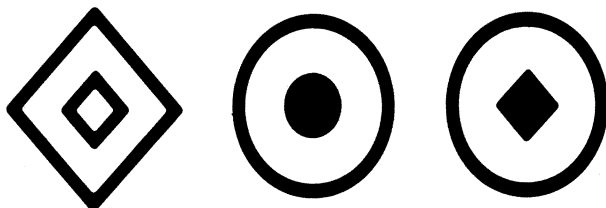
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