**Table of Contents**

**Dedication ii**

**Preface ii**

**PART I: The Rational Animal: How can we reconcile a world in flux with a self that is relatively constant? 1**

The study of the mind 2

Reflexivity 5

Concepts and categories 8

Change, replication and process 10

Between moments 15

Experience 16

Meaning in life 22

Thought and memory 26

The simple and the complex 31

Depth 33

Absence 37

Variables 39

Repression and denial 42

All the world’s a stage 46

**PART II: The Emotional Animal: How do we separate personal and impersonal experience? 49**

Otherness 50

On love 56

Compassion 61

Feeling and emotion 63

Wish and desire 66

Asceticism 72

Hedonism 75

Narcissism 78

Illusion and conviction 81

God 85

Mysticism 88

Atheism 90

Optimism 93

**PART III: The Political Animal: How do we maintain our individuality while remaining part of society? 97**

Conflict 98

Adaptation 100

Freedom 102

Value 108

Adapting to Society 111

Globalization and cultural identity 113

Wholeness and alienation 118

The call of the wild 122

Politics 126

Justice and law 130

Duty 134

Lying 137

Reflection and expectation 141

**PART IV: The Imaginative Animal: How do we distinguish the habitual from the creative? 146**

Writing 147

Cultural mythology 151

Art and philosophy 154

Creativity 157

Truth and objectivity 161

Reason 163

Education 165

My library 170

Phrenology 172

**PART V: Concluding thoughts 174**

Concentration and meditation 175

On falling asleep 177

The examined life 181

Psychoanalysis and the family 183

Endowment 187

Looking back and regret 189

Aging and death 193