

The Mind Is Flat

author: Nick Chater

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Synopsis

author	Nick Chater
readBy	Nick Chater
inLanguage	english

Penguin presents the audiobook edition of ***The Mind is Flat*** written and read by Nick Chater. Most of us assume that our thoughts, desires and behaviour arise from the murky depths of our minds, and, if only we could access this inner world, we could truly understand ourselves. For more than a century, psychologists, psychiatrists and neuroscientists have struggled, using methods from psychotherapy to brain scans, to discover what lies below the surface of our minds. In a profound reappraisal of how the mind works, pre-eminent behavioural scientist Nick Chater reveals that this entire enterprise is misguided: that we *have* no mental depths to plumb. Drawing on startling new research in neuroscience, behavioural psychology and perception, *The Mind is Flat* shows that we have no inner library of beliefs, values and desires lying with us, but instead generate them in the moment, and base them entirely on our past experiences. As the reader discovers - through eye-opening experiments and mind-bending visual examples - we are all characters of our own creation, constantly improvising our behaviour, rather than the playthings of unconscious currents within us. **Boldly original and utterly convincing, *The Mind is Flat* forces us to reconsider just about everything we thought we knew about ourselves, and shows that the result can be liberating.**

Reader's comments

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