

Preface	251
Part One: The Nature of Consciousness	260
1 The Problem of Consciousness	261
WHY STUDY CONSCIOUSNESS?	261
Consciousness and psychology	262
Consciousness and neuroscience	262
Consciousness and philosophy	262
Box 1.1. The homunculus inside us	263
Consciousness and spirituality	264
HOW WE STUDY CONSCIOUSNESS	265
Scientific experimentation	266
Box 1.2. The role of falsification in science	267
Box 1.3. The history of neuroscience	268
Philosophical thought experiments	269
Artificial Intelligence	270
DEFINING CONSCIOUSNESS	270
Definitions of consciousness	271
Awareness	272
The problem of other minds	272
THE HARD AND EASY PROBLEMS OF CONSCIOUSNESS	274
INTENTIONALITY: ARE WE ALWAYS CONSCIOUS OF SOMETHING?	275
TYPES OF CONSCIOUSNESS	276
Phenomenal and access consciousness	277
Other types of consciousness	278
Degrees of consciousness	278
THE HISTORY OF CONSCIOUSNESS RESEARCH	281
THE PROBLEMS OF CONSCIOUSNESS	282
CHAPTER SUMMARY	285
RECOMMENDED RESOURCES	287
REVIEW QUESTIONS	288
2 The Mind-Body Problem	289
Box 2.1. Philosophy: Terms and disciplines	290
THOUGHT EXPERIMENTS	291
THE MIND AND THE BRAIN	292
The mind-brain problem	292
The mereological fallacy	292
Qualia	293
DUALISM AND MONISM	294
René Descartes and substance dualism	294
Other types of dualism	295

Monism	297
Box 2.2. The history of physics	297
THE KNOWLEDGE ARGUMENT	299
The "Mary" colour thought experiment	299
For and against physicalism	300
THE INVERTED COLOUR SPECTRUM	301
THE PROBLEM OF PAIN	303
The physical aspect of pain	304
The mental aspect of pain	305
Pain in babies	306
P-ZOMBIES	306
Box 2.3. Zombies	307
Is consciousness essential?	308
Being conceivable	308
MATERIALISM	309
Reductive materialism	309
Eliminative materialism	310
FUNCTIONALISM	311
Silicon neurons and silicon brains	312
Box 2.4. Neurons	313
The "China brain" thought experiment	314
Box 2.5. What is computation?	315
Arguments against functionalism	316
MYSTERIANISM	318
CHAPTER SUMMARY	321
RECOMMENDED RESOURCES	324
REVIEW QUESTIONS	326
3 Do We Have Free Will?	327
PEOPLE AND OBJECTS	327
DETERMINISM AND FREE WILL	328
Human behaviour	329
The implications of quantum mechanics	331
Dualism and free will	331
Box 3.1. What is an illusion?	332
THE HOMUNCULUS IN THE CARTESIAN THEATRE	332
THE BENEFITS OF BELIEVING IN FREE WILL	333
COMPATIBILISM	335
ENVIRONMENTAL EFFECTS ON BEHAVIOUR	336
Box 3.2. Toxoplasma	337
CRIME AND PUNISHMENT	338
Moral responsibility	338
Box 3.3. Crime and punishment	339
The role of psychology in understanding crime	339

DECIDING TO ACT	341
Libet's experiments on "voluntary" movement	342
Box 3.4. Measuring brain activity with EEG	343
Criticisms of Libet's experiments	344
INVOLUNTARY ACTION	346
Alien hand syndrome	346
Skill and habit	347
Psychological compulsions	349
CHAPTER SUMMARY	350
RECOMMENDED RESOURCES	352
REVIEW QUESTIONS	354
4 Machine Consciousness	355
ARTIFICIAL LIFE	355
ARTIFICIAL INTELLIGENCE (AI)	358
The timeline of progress in AI	359
Chess-playing computers	361
Box 4.1. Computer beats human	363
The Turing test	364
Early AI models of psychology	366
How smart are computers now?	367
The computational correlates of consciousness	369
LIDA	369
Could a disembodied AI ever be conscious?	371
ROBOTICS	372
Box 4.2. Aliens	374
Swarm intelligence	375
Evolutionary robotics	376
Robots and consciousness	376
BUILDING A BRAIN	377
Constructing an artificial brain	378
Neuroprosthesis	380
THE FUTURE OF AI	381
The technological singularity	382
Box 4.3. Transhumanism	383
Is AI a threat?	384
CHAPTER SUMMARY	386
RECOMMENDED RESOURCES	388
REVIEW QUESTIONS	389
5 Animal Consciousness	390
WHICH ANIMALS ARE CONSCIOUS?	390
THE MIND OF AN ANIMAL	391
Animal intelligence	392

Box 5.1. Learning without neurons.	395
The mirror test of self-recognition	396
Animals and pain	398
Box 5.2. Do plants feel pain?	399
THEORY OF MIND	400
The importance of social interaction	401
THE EVOLUTION OF CONSCIOUSNESS	402
Protoconsciousness	404
The importance of language	404
Recursion	405
The bicameral mind	407
PANPSYCHISM	408
CHAPTER SUMMARY	410
RECOMMENDED RESOURCES	412
REVIEW QUESTIONS	413
Part 2: The Workings of Consciousness	414
6 Looking at our Own Minds	415
THE CONTENTS OF CONSCIOUSNESS	415
The stream of consciousness	416
The process of introspection	417
Phenomenology	419
Experience sampling	421
The limits of introspection	422
YOUR BELIEFS	424
The reliability of beliefs	425
Box 6.1. Solipsism, anti-realism, and deceiving devils	426
Delusions	427
Box 6.2. Schizophrenia	429
Mass hysteria	430
Box 6.3. The Tanganyika laughter epidemic of 1962	430
Confabulation	431
Denial	432
Box 6.4. Dementia and Alzheimer's disease	433
IS ANYTHING UNAVAILABLE TO CONSCIOUSNESS?	434
Freud and the unconscious	434
Box 6.5. Satanic child abuse	437
Jung and the "Collective Unconscious"	438
Subliminal processing	439
CHAPTER SUMMARY	442
RECOMMENDED RESOURCES	444
REVIEW QUESTIONS	446

7 Self and Identity	447
THE SELF	447
The “self model”	449
Ego and bundle theories	450
Box 7.1. Face transplants	452
The knower and the known	453
Damasio’s three levels of self	453
Types of self and the executive self	456
THE CONTINUITY OF EXISTENCE	457
Amnesia and the loss of memories	458
Box 7.2. Herpes simplex encephalitis	460
THE NEUROSCIENCE OF THE SELF	461
Disorders of the physical self	462
SPLIT BRAIN STUDIES	463
Dissociative states	465
Box 7.3. Derealisation: A case study	467
Dissociative identity disorders	468
THE BOUNDARIES OF THE SELF	469
Phantom bodies	469
Phantom limbs and phantom pain	470
The rubber hand illusion	471
Awareness of motor control	473
Is the self restricted to the body?	473
IS THE SELF JUST ANOTHER ILLUSION?	475
CHAPTER SUMMARY	477
RECOMMENDED RESOURCES	479
REVIEW QUESTIONS	481
8 Cognition and Consciousness	482
CONSCIOUSNESS IS ABOUT LIMITATIONS	482
LANGUAGE AND CONSCIOUSNESS	483
Language and culture	484
Thinking	485
Inner speech	487
Mental imagery	489
ATTENTION	491
Visual attention	493
The default mode network	493
Box 8.1. The Default mode network	495
Global workspace theory	497
The neuronal workspace theory	498
Box 8.2. The neuroscience of the neuronal workspace model	500
The multiple drafts model	501
MODELLING THE WORLD	502

Mental models	503
Mental time travel	504
Metacognition	505
Representational theories	507
Recursion (again)	508
Box 8.3. What is a complex system?	510
Emergence	511
Representation and consciousness	512
FREE ENERGY	513
QUANTUM CONSCIOUSNESS	514
Box 8.4. Quantum mechanics	515
CHAPTER 8 SUMMARY	518
RECOMMENDED RESOURCES	521
REVIEW QUESTIONS	523
9 Perception and Consciousness	524
EMPIRICISM	525
Are you dreaming now?	526
Box 9.1 The brain in a vat.	526
NORMAL VISUAL PERCEPTION	527
Filling in	527
Bistable figures	528
Binocular rivalry	530
Change blindness and inattentional blindness	531
Visual illusions	533
No-report paradigm	534
DISORDERS OF VISUO-SPATIAL PERCEPTION	534
Blindsight	534
Spatial neglect	536
Synaesthesia	537
Proprioception	538
THE BINDING PROBLEM	539
Box 9.2 Gamma waves	541
Microconsciousness	541
Visual awareness	542
Box 9.3 The Jennifer Aniston neuron	543
THE GRAND ILLUSION	543
CHAPTER 9 SUMMARY	545
RECOMMENDED RESOURCES	547
REVIEW QUESTIONS	548
10 Consciousness and the Brain	549
Box 10.1. Studying the living brain	549
THE NEURAL CORRELATES OF CONSCIOUSNESS	551

The “astonishing hypothesis”	552
Mind reading: Finding internal content from the outside	553
THE ELECTROPHYSIOLOGY OF CONSCIOUSNESS	553
Box 10.2. Brain waves.	554
THE EVOLUTION OF THE BRAIN	555
THE DEVELOPMENT OF CONSCIOUSNESS	556
INCOMPLETE BRAINS	557
GENERAL ANAESTHESIA	558
Box 10.3. The history of anaesthetics	559
How do general anaesthetics work?	560
Post-operative recall	562
THE THALAMUS AND THALAMO-CORTICAL LOOP	563
Are NCC frontal or posterior?	564
Re-entry and the dynamic core hypothesis	565
The claustrum	566
The role of anterior cingulate	567
INTEGRATED INFORMATION THEORY	568
RADICAL PLASTICITY	569
WHAT IS DEATH?	569
Death as loss of higher functions	571
DISORDERS OF CONSCIOUSNESS	572
Coma and coma-like states	572
Definitions of death	574
Locked-in syndrome	575
CAN WE ESCAPE DEATH?	575
CHAPTER SUMMARY	577
RECOMMENDED RESOURCES	579
REVIEW QUESTIONS	580
Part Three Other States of Consciousness	581
11 Altered States of Consciousness	582
WHAT IS AN ASC?	582
Box 11.1 Psychonauts	584
TYPES OF ASC	585
SENSORY DEPRIVATION	585
The ganzfeld	586
OUT-OF-BODY EXPERIENCES (OBEs)	587
Box 11.2 Laboratory-induced OBEs	588
Explaining OBEs	589
MIGRAINE AND EPILEPSY	591
NEAR-DEATH EXPERIENCES	593
Box 11.3 How NDE reduce fear of death	594
Biological explanations of NDEs	595

ENCEPHALITIS LETHARGICA	596
OTHER TYPES OF ASC	598
CHAPTER SUMMARY	599
RECOMMENDED RESOURCES	600
REVIEW QUESTIONS	601
12 Sleep	602
WHAT IS SLEEP?	602
Do all animals sleep?	604
THE BIOLOGY OF SLEEP	604
Circadian rhythms	605
The electrophysiology of sleep	606
The neurology of sleep	608
The neuropharmacology of sleep	610
Box 12.1. Neurotransmitters	610
The AIM model of sleep and dreaming	611
SLEEP DISORDERS	612
Getting to sleep and staying awake	613
Problems during sleep	614
Box 12.2. Talking in your sleep	616
Box 12.3. Murder in your sleep	616
SLEEP DEPRIVATION	617
Box 12.4. Sleep deprivation for depression	618
WHY DO WE SLEEP?	619
Evolutionary functions of sleep	619
Sleep and learning	620
RECOMMENDED RESOURCES	623
REVIEW QUESTIONS	624
13 Dreams	625
ARE DREAMS REAL?	625
Box 13.1. Zhuangzi's (Chuang-Tzu's) butterfly dream	626
WHAT IS A DREAM?	627
How well do we remember our dreams?	629
LUCID DREAMS	630
DREAM CONTENT	632
Box 13.2 Dream content	633
Nightmares	633
Box 13.3 Sleep paralysis	635
Recurring dreams	635
WHY DO WE DREAM?	637
Dreaming and creativity	637
Are dreams a way of dealing with threat?	639
Psychoanalysis and dreams	640

Post-analytic dream theories	642
Dreams and learning	642
RECOMMENDED RESOURCES	645
REVIEW QUESTIONS	646
14 Hypnosis	647
THE HISTORY OF HYPNOSIS	647
Box 14.1 Freud, Charcot, hysteria, and hypnosis	649
THE PROCESS OF HYPNOSIS	649
Hypnotic induction	650
The hypnotic trance	651
Individual differences in hypnotisability	651
Box 14.2 Categories of question in the Tellegen Absorption Scale	652
Can we learn suggestibility?	653
What makes a good hypnotist?	653
Box 14.3 Snake charmers and horse whisperers	654
IS THERE A SPECIAL HYPNOTIC STATE?	655
Dissociation	655
Non-state theories of hypnosis	656
EFFECTS OF HYPNOSIS	657
Hypnotic suggestions	657
Hypnosis and memory	658
Box 14.4 Is hypnosis dangerous?	659
Hypnotic anaesthesia	660
The neuroscience of hypnosis	661
SELF-HYPNOSIS	662
WHAT HYPNOSIS TELLS US ABOUT COGNITION	663
CHAPTER SUMMARY	664
RECOMMENDED RESOURCES	665
REVIEW QUESTIONS	666
15 Drugs and Consciousness	667
A CLASSIFICATION OF PSYCHOACTIVE DRUGS	668
CANNABIS	670
Box 15.1 Medicinal use of cannabis.	671
AMPHETAMINE AND OTHER STIMULANTS	671
Amphetamine	672
Box 15.2. Amphetamine psychosis	673
Cocaine	674
OPIATES AND OPIOIDS	675
Morphine	675
Heroin	676
HALLUCINOGENIC DRUGS	677
Deliriant drugs	678

Dissociative drugs	678
Psychedelic drugs	679
Peyote	679
Psilocybin	681
DMT	681
LSD	683
Box 15.3 Urban myths and LSD use	684
The history of LSD use	685
Box 15.4. The summer of love	686
Box 15.5 The Good Friday Marsh Chapel experiment	687
The neuroscience of hallucinogens	687
THE SOCIAL CONTEXT OF DRUG USE	689
The dangers of cannabis	689
Cultural diversity in drug use	690
Therapeutic use of hallucinogens	691
RECOMMENDED RESOURCES	695
REVIEW QUESTIONS	696
16 Meditation and Transcendental Experiences	697
MEDITATION	697
The physiological effects of meditation	698
Box 16.1. Raising body temperature through meditation	698
The neuroscience of meditation	699
MINDFULNESS	701
TRANSCENDENTAL CONSCIOUSNESS	703
Box 16.2. The life of Colin Wilson	704
Consciousness raising	706
Religious experiences	706
Box 16.3. The nine characteristics of mystical states	708
Temporal lobe activity and religion	708
Entheogens	710
Buddhism	710
Zen	712
RECOMMENDED RESOURCES	715
REVIEW QUESTIONS	717
17 Parapsychology	718
ESP and Psi	719
SPONTANEOUS PHENOMENA	720
Box 17.1 The Versailles time travel incident	721
Box 17.2. Sonic noise and sonic weapons	722
How spontaneous phenomena change with time	723
EXPERIMENTAL FINDINGS IN PARAPSYCHOLOGY	724
Box 17.3 Psychic superstars	724

Issues in experimental design	725
Box 17.4 Hoax mediums	726
Psi and ASCs	727
Psi in the ganzfeld	728
Remote viewing	729
Bem's experiments	729
Trait and state state studies	730
Experimenter effects in parapsychological research	731
PSYCHOKINESIS	731
Box 17.5. Poltergeist	732
WHAT WOULD CONVINCED A SCEPTIC?	733
WHAT DOES PARAPSYCHOLOGY TELL US ABOUT CONSCIOUSNESS?	734
SURVIVAL	734
Box 17.5. Ghosts	735
Reincarnation	736
CHAPTER SUMMARY	737
RECOMMENDED RESOURCES	739
REVIEW QUESTIONS	740
18 Bringing it all Together	741
HOW DO WE DEFINE CONSCIOUSNESS?	741
THE "HARD PROBLEM"	741
WHAT ARE THE NEURAL CORRELATES OF CONSCIOUSNESS?	742
WHAT ARE THE COGNITIVE CORRELATES OF CONSCIOUSNESS?	743
THE TIMING OF EVENTS	744
THE PROBLEM OF FREE WILL	744
WHAT IS THE SELF?	745
WHY ARE SOME THINGS UNCONSCIOUS?	745
WHY ARE WE CONSCIOUS?	746
SOLVING THE BINDING PROBLEM	747
WHAT IS ARE ALTERED STATES OF CONSCIOUSNESS?	747
CONSCIOUSNESS AROUND THE WORLD	748
CAN THERE BE A THERE A SCIENCE OF CONSCIOUSNESS?	748
HOW THIS BOOK WILL HELP YOUR LIFE	750
CHAPTER SUMMARY	751
RECOMMENDED RESOURCES	752
Glossaries	758
Glossary of general terms	759
Glossary of basic neuroanatomy location terms	773
Glossary of the most common neurotransmitters	774
Glossary of the most important neuroanatomical structures	775
List of abbreviations	780
References	782