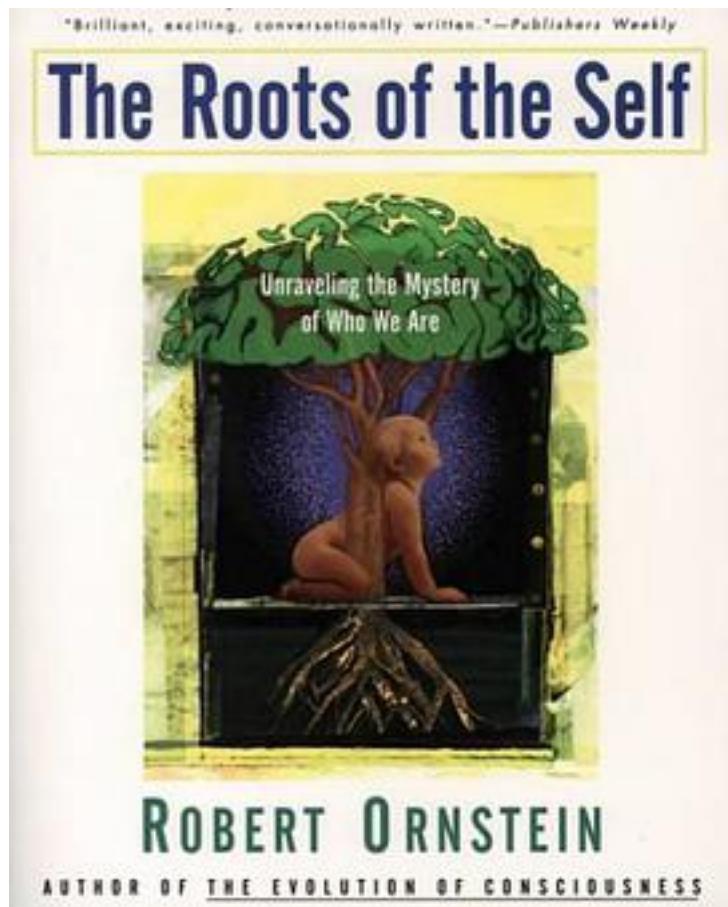


The Roots of the Self



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In this work, the author marshals the evidence for a new science of the self that tries to understand the myriad ways in which individuals become who they are. Drawing on examples and scientific studies, Ornstein sets out recent findings from genetics, evolutionary biology, and psychology to take us on a guided tour of human

development. The book covers topics such as: why some people meet new people with enthusiasm; why some people start shopping for Christmas in August while others wait until the last minute; or why some relax with TV or books and others with daredevil sports.

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