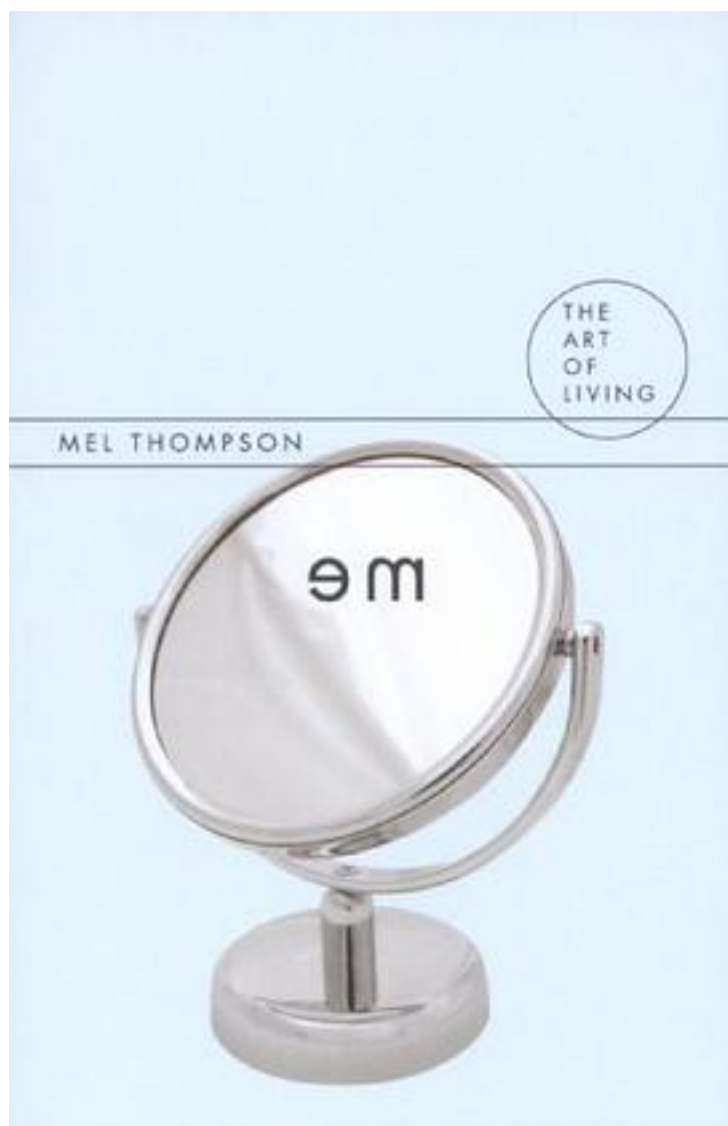


# Me (Art of Living)



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Thompson begins by exploring the workings of the brain but shows that considering the nature of the self requires going beyond argument about such things as how mind relates to matter or whether neuroscience can fully explain consciousness. Such an approach fails to do justice to the self that we experience and the selves that we encounter around us. We need to engage with more personal, existential questions, such as, how do I make sense of my life? Am I responsible for the person I have become? Thompson investigates whether we are genuinely knowable entities by looking at the gap between what we are and what others perceive us to be. He explores the central dilemma of how it is possible to maintain a fixed idea of what one is - of a "me" - that can be used to shape and direct one's life when, in a world of constant change, that fixed idea may vanish at any moment. While it might be better to let go of the need for "me," would a self-less life be possible or desirable? Drawing on literature, philosophy, religion, and science, as well as personal reflection and anecdote, Thompson has written an engaging and thought-provoking work that reclaims the notion of "me" from the neuroscientists and situates it at the heart of finding a place in the world.

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