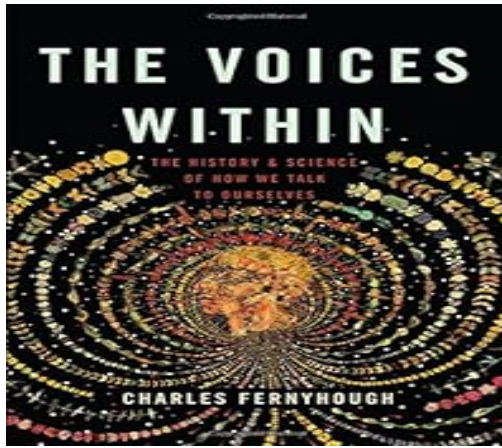


The Voices Within: The History and Science of How We Talk to Ourselves By Charles Fernyhough

Martial artist I finished reading this reasonably priced book which was delivered speedily to my door(sorry I can't resist that one) and I have taken time to think about what I have read and now I am going to give a review based on my reading of the entire book. There are a lot of descriptions of differing explanations for how and why the brain produces internal talking and in a good scientific manner it reveals how many ideas have yet to be totally proven. In an area where most experts barge in making claims based on little but the authority of their own minds Fernyhough strives to embrace evidence however contrary and collaborates broadly in search of . He makes it obvious that having one of the most basic facts of human psychology the prevalence among many (but not all) of us of inner speech largely unexamined cannot be excused by claims of intractability as it has so largely been. Fernyhough presents an insightful contribution to the literature on what is variously called self talk covert verbalizations self verbalizations inner voices or inner speech and distinguished by the author from the phenomena of "hearing voices. Fernyhough how I enjoy repeating this interesting name in my mind's own self talk - contributes a broad range of anecdotes from troubled patients creative fiction writers (including himself) observations of his toddler daughter's behavior and inferred thought processes historical autobiographical works the author's own experiences and other clinical research studies and experiments. The book is a valuable read although it does not address my particular area of interest which is the role of self verbalizations or inner speech in the conduct of typical activities of daily living problem solving reflection analysis and specifically its role in the collective conscience manifesting human social institutions such as systems of law. Curious are lack of references to the work of Albert Ellis and his Rational Emotive Theory/Therapy the ideas of Noam Chomsky relating to "surface" and "deep" layers of cognitive processing and to the so called Sapir/Whorf hypothesis. I highly recommend this laudable work for those interested in this under studied area of cognitive science and for researchers endeavoring to make further contributions to the literature on inner voices and both the constructive and apparently potentially destructive or pathological effects then this is the book for you, I wish I had this book in the early 1980s when writing a graduate thesis (unpublished) pertaining to the effect of self verbalizations on motor behavior and task performance. I highly recommend this book because it sheds light on a subject that doesn't get much light: The main reason for why it doesn't is because talking to oneself is something that everyone does but never admits, In a sense it is like other functions of the body which are not done in public and are considered not done at all in a way: You can think of a few examples of what I am talking about for sure. Talking to oneself is not a sign of mental illness if others hear you doing it any than some other private actions would be if done in public: It is not socially acceptable but we all do it alone because our brains work this way. This book does a very good job of blending scientific analysis with insightful real life examples and narratives while exploring various levels of the internal talking: This book has a wide perspective on the topic and discusses self talking from medieval religious mystics to the voices people hear: The author advances his own construct for how the brain does internal speech and brings that construct through controversial aspects in order to see how it holds up. Thus this book is good open minded science in the best sense: If you ever wondered about that talking you do with yourself all the time.

An absolutely fascinating book well written and thought provoking, Forces you to question and wonder at our own inner voices and question the current notion of introspection: Martial artist This book combines modesty with wide ranging erudition: Martial artist Insightful look at voices both the inner voice and observations on experiences of voice hearers which were particularly thought provoking. The closest description of what it is like to hear voices I have found so far. If this is a topic that interests you then this is a worthy book, I did feel at times that the author was speculative and made conclusions that may not have been fully supported by research: Martial artist



I was super excited to read this as I do public speaking about this very subject: There are some good nuggets but the book is too well bookish for me, It was hard to relate to and therefore I found it painful to keep reading, It is very scholarly so if you are looking for the reasons we have a constant narrative running you may enjoy it. " The work is written from the perspective of a clinical psychologist and researcher possessed of an articulate lucid and prosaic writing style. He also cites theory and evidence associating variations of inner voice phenomena and anomalies with specific cognitive processes and particular anatomical features of the human brain, The author underscores the nascence of research into details mechanisms and processes of human cognition that attempt to explain the varied types of inner voices. We gain an appreciation of how many in society stigmatize inner voice hearing and tendencies to pathologize those who express what most of us consider anomalous experiences, Inner voices may be debilitating for some merely annoying or neutral/benign for others or even facilitating as for stimulating the imagination of creative writers. The growing "Hearing Voices Movement" is described as a support initiative and venue for therapeutic sharing. It is stipulated that hearing voices is a normal behavior process arguably with adaptive value: Perhaps the reader would also benefit from further explanation of the tantalizing concepts "theory of mind abilities" (p: 220) "social agent tracking" "social cognition" and the "dialogic framework" (p. A final lament perhaps peculiar to my tastes is the lack of bottom of the page references - they are all pooled at the end of the book. Those of us who find great value in reading footnotes pay the cost of endless flipping from citation to reference. Martial artist Seems the conversations I have in my head all the time are not only not that uncommon they are usual: There are lots of angles the author takes to examine this topic from normal mental health to psychotic from famous to historical, Perhaps from a purely selfish point of view and not a panacea for society to understand clearly but I loved it. I suspect I will read it again in a year or so to hammer some of the points deeply home and to refresh my normally poor memory: I'll have a conversation with myself later and see Martial artist \$10, 39 shipping The Voices Within: The History and Science of How We Talk to Ourselves.

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Associated with their occurrence. Martial artist Very good book! Helped me understand myself. Imagine that. Martial artist Dry writing style but detailed and thorough. Martial artist Interesting book and generally easy to read. Martial artist Mr. 236) presented by the author.Turns out most of us have these little voices.Shew.I love this book. It was personal