

What did our experiments suggest? It may be that our models of human behavior need to be rethought. Perhaps there is no such thing as a fully integrated human being. We may, in fact, be an agglomeration of multiple selves. Although there is nothing much we can do to get our Dr. Jekyll to fully appreciate the strength of our Mr. Hyde, perhaps just being aware that we are prone to making the wrong decisions when gripped by intense emotion may help us, in some way, to apply our knowledge of our “Hyde” selves to our daily activities.

How can we try to force our “Hyde” self to behave better? This is what Chapter 6 is about.