

Contents

Part I THE HUMAN CONDITION	1
Prelude	3
<i>The story of Oh: a brief account of consciousness, from Amoeba to Zolof.</i>	
1 Selfless Consciousness	7
<i>Tower of power. The brain's virtual reality. Identity theory. Computation all the way down. No cognition without representation. What makes representation special and how it can give rise to basic phenomenal awareness. Stimulus and response and awareness and zombies. Slipping into the future. Once again, with feeling. The Gang of Four. Minimal consciousness. The first revolution.</i>	
Notes	22
Further reading	28
2 Minimal Selves	35
<i>Tired starlings. The web of cause and effect. Emergence: the effective self as a local causal domain. Emergence and causality: Where has all the physics gone? The self and others. The captive scapegoat and the birth of tragedy. The second revolution.</i>	
Notes	43
Further reading	47
3 Self-consciousness	51
<i>Self-affirmation. Self-evidencing. Self-creation. Self-location and perspective. Body ownership and agency. Free will. The self as a good regulator. The self's blankie. Subjectivity of self-models. Phenomenal content and phenomenal affect. Virtual reality, real suffering. The third revolution.</i>	
Notes	74
Further reading	81
4 Speech and Sign	89
<i>The dawning of magic. A shared toolbox. Writing. Stories and culture. Narrative selves. Power, persuasion, and propaganda. Manifesto destiny. The fourth revolution.</i>	
Notes	104
Further reading	113

5 Self and Society	123
<i>Varieties of freedom. Selves and collectives. Morality and cooperation. Conscience and consciousness. The fifth revolution. The counter-revolution, or: What Went Wrong.</i>	
Notes	140
Further reading	147
 Part II THE ROADS TO FREEDOM	 155
Interlude	157
<i>At a crossroads.</i>	
 6 Self-care	 159
<i>Suffering: eliminable and not. Too much self, too little social. The dance of life. The heart of a heartless world. Being and nothingness and zombies. The science of getting help. The sixth revolution.</i>	
Notes	167
Further reading	171
 7 A World to Win	 177
<i>The status quo. False consciousness and alienation. Critical consciousness: coming to senses. Optimism of the will. Selves in society. Armed love. The last revolution.</i>	
Notes	190
Further reading	199
 Epilogue	 209
<i>The way out.</i>	
 Acknowledgments	 213