

CONTENTS

PART I / STARTING OVER

1. Awakening 3
*Goals and Reasons • Approaching the Problem •
The Self as Witness • Overcoming a Misleading Intuition •
An Integrated Perspective • The Framework • A Preview
of Main Ideas • Life and the Conscious Mind*
2. From Life Regulation to Biological Value 31
*The Implausibility of Reality • Natural Will • Staying Alive
• The Origins of Homeostasis • Cells, Multicellular Organisms,
and Engineered Machines • Biological Value • Biological Value
in Whole Organisms • The Success of Our Early Forerunners •
Developing Incentives • Connecting Homeostasis, Value, and
Consciousness*

PART II / WHAT'S IN A BRAIN THAT A MIND CAN BE?

3. Making Maps and Making Images 63
*Maps and Images • Cutting Below the Surface • Maps and Minds
• The Neurology of Mind • The Beginnings of Mind •
Closer to the Making of Mind?*
4. The Body in Mind 89
*The Topic of the Mind • Body Mapping • From Body to Brain
• Representing Quantities and Constructing Qualities •
Primordial Feelings • Mapping Body States and Simulating
Body States • The Source of an Idea • The Body-Minded Brain*

5. Emotions and Feelings 108
Situating Emotion and Feeling • Defining Emotion and Feeling • Triggering and Executing Emotions • The Strange Case of William James • Feelings of Emotion • How Do We Feel an Emotion? • The Timing of Emotions and Feelings • The Varieties of Emotion • Up and Down the Emotional Range • An Aside on Admiration and Compassion
6. An Architecture for Memory 130
Somehow, Somewhere • The Nature of Memory Records • Dispositions Came First, Maps Followed • Memory at Work • A Brief Aside on Kinds of Memory • A Possible Solution to the Problem • More on Convergence-Divergence Zones • The Model at Work • The How and Where of Perception and Recall
- PART III / BEING CONSCIOUS
7. Consciousness Observed 157
Defining Consciousness • Breaking Consciousness Apart • Removing the Self and Keeping a Mind • Completing a Working Definition • Kinds of Consciousness • Human and Nonhuman Consciousness • What Consciousness Is Not • The Freudian Unconscious
8. Building a Conscious Mind 180
A Working Hypothesis • Approaching the Conscious Brain • Previewing the Conscious Mind • The Ingredients of a Conscious Mind • The Protoself • Constructing the Core Self • The Core Self State • Touring the Brain as It Constructs a Conscious Mind
9. The Autobiographical Self 210
Memory Made Conscious • Constructing the Autobiographical Self • The Issue of Coordination • The Coordinators • A Possible Role

*for the Posteromedial Cortices • The PMCs at Work •
Other Considerations on the Posteromedial Cortices • A Closing
Note on the Pathologies of Consciousness*

10. Putting It Together 241

*By Way of Summary • The Neurology of Consciousness •
The Anatomical Bottleneck Behind the Conscious Mind
• From the Ensemble Work of Large Anatomical Divisions to the
Work of Neurons • When We Feel Our Perceptions • Qualia I
• Qualia II • Qualia and Self • Unfinished Business*

PART IV / LONG AFTER CONSCIOUSNESS

11. Living with Consciousness 267

*Why Consciousness Prevailed • Self and the Issue of Control •
An Aside on the Unconscious • A Note on the Genomic Unconscious
• The Feeling of Conscious Will • Educating the Cognitive
Unconscious • Brain and Justice • Nature and Culture •
Self Comes to Mind • The Consequences of a Reflective Self*

Appendix 299

Notes 319

Acknowledgments 343

Index 345