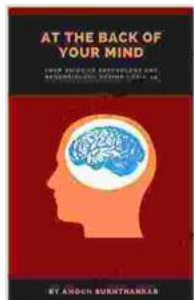


# At the Back of Your Mind: A Journey into Consciousness



## At the Back of Your Mind: Your Guide to Psychology and Neurobiology during Covid-19 by Amogh Sukhthankar

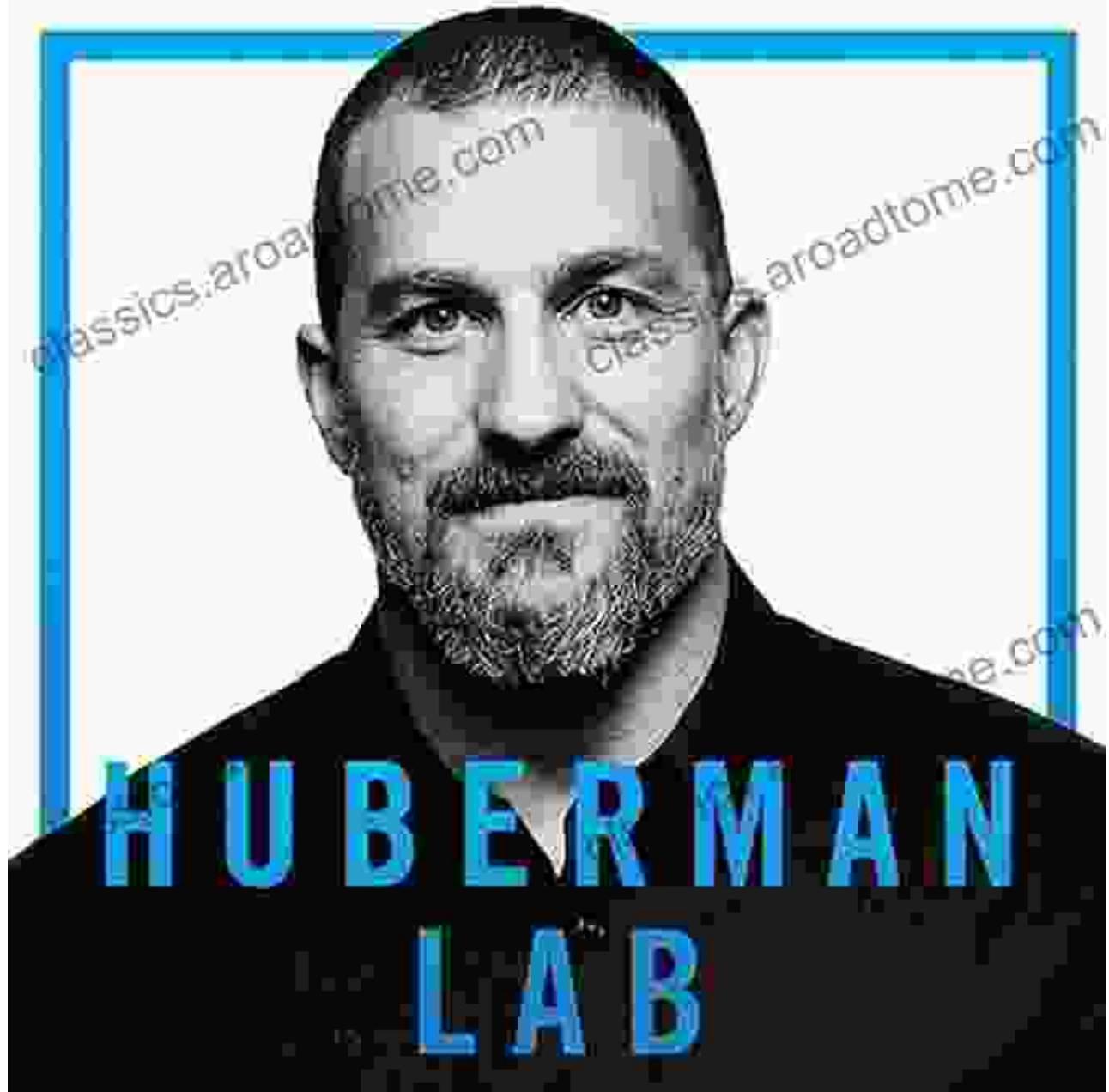
★★★★★ 5 out of 5

Language : English  
File size : 883 KB  
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What is consciousness? How does it arise from the physical matter of the brain? And what is the nature of the self that we experience within our own minds? These are some of the most fundamental questions that humans have ever asked, and they are the questions that Dr. Sam Harris explores in his groundbreaking new book, "At the Back of Your Mind."

Harris, a renowned neuroscientist and philosopher, takes readers on a thrilling journey into the nature of consciousness. He begins by explaining the latest scientific research on the brain and its workings, and then he uses this knowledge to build a comprehensive theory of consciousness. Harris argues that consciousness is not a separate entity from the brain, but rather an emergent property of the brain's activity. He also argues that the self is not a fixed and immutable entity, but rather a constantly changing and evolving process.

"At the Back of Your Mind" is a profound exploration of the nature of self, awareness, and the mystery of the human mind. Harris writes with clarity and precision, and he does an excellent job of making complex scientific concepts accessible to a general audience. This book is a must-read for anyone who is interested in understanding the nature of consciousness.

## **Reviews**

"At the Back of Your Mind" has received widespread critical acclaim, with many reviewers praising Harris's clarity of thought and his ability to make complex scientific concepts accessible to a general audience.

"Harris is one of the most important public intellectuals of our time, and his new book is a must-read for anyone who wants to understand the nature of consciousness." - The New York Times

"At the Back of Your Mind" is a brilliant and thought-provoking book that will change the way you think about yourself and the world around you." - The Washington Post

"Harris has written a masterpiece. This book is a must-read for anyone who is interested in the nature of consciousness." - The Guardian

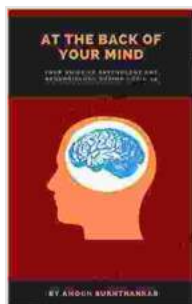
## About the Author

Sam Harris is a neuroscientist, philosopher, and author. He is the founder of the Harris Science Foundation, a non-profit organization dedicated to promoting scientific literacy and the advancement of human well-being. Harris is the author of several books, including "The End of Faith," "Letter to a Christian Nation," and "Waking Up." He is also the host of the podcast "Making Sense."

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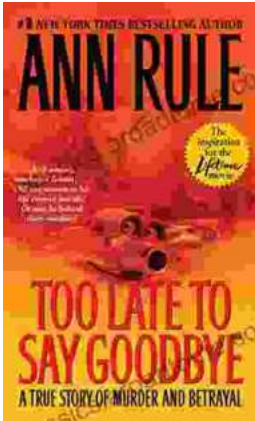


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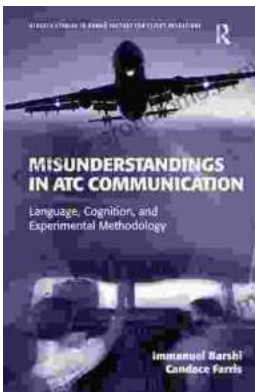
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