

Contents

1	Preamble to an ethology of cognition	I
	‘That’s not it at all’	I
	The uniqueness of man	2
	Behaviour and the environment of evolutionary adaptedness	8
	Extrapolation theory as a background to understanding human action	10
	Summary	12
2	On the biological function of mind	14
	The concept of mind	14
	Evolution of mind	17
	Models of mind	20
	Mind as information processing	27
	Consciousness	29
	The symbol and the world	32
	Summary	35
3	The social environment and its evolution	37
	Evolution, social setting, and altruism	37
	Ecology and social organization	44
	Reproductive strategies	52
	Selective circumstances and the evolution of co-operation	55
	Summary	58
4	Monkeys, apes, and man	60
	The primate scene	60
	Radiation and socio-ecology	61
	Apes and man: the argument from descent	65
	The baboon in the mirror: the argument by analogy	73
	Summary	88
5	The ascent of humanity	92
	From ape to man	92
	The origin of the family: a context for mother–infant attachment	104
	Big-game hunters	111
	Summary	117

xiv Contents

6	× The behavioural elaboration of hunting hominids: intelligence, language, and exchange	120
	× The wider significance of hunting	120
	Intelligence: the components of adaptively variable behaviour	121
	The origins of intellect and language	127
	The language apparatus	134
	Societal integration through exchange	143
	Summary	147
7	Sociobiology and human social evolution	150
	The new paradigm	150
	Sociobiological theory applied to human society	153
	Species universals in man	156
	Sociobiology and culture	186
	Summary	187
8	Societal evolution	191
	Evolution of society	191
	Hunter-gatherers	194
	Agriculturists	195
	Tribes and chiefdoms	197
	The formation of states	199
	Ecology and culture	202
	Control of numbers in tropical forest societies	207
	Demographic regulation, sociobiology, and ecodeterminism	210
	Civilization and the modern era	219
	Summary	225
9	Worlds with meaning: the nature and significance of personal identity	228
	Self in society	228
	The psychobiology of the person	232
	The self-process as a human universal	242
	The development of self through transaction	246
	The life-trajectory: changing experiences of self	259
	Self, attitude, and values	262
	Rules, roles, and powers	267
	The development of personal autonomy	269
	The history of personal powers	272
	Summary	276

10	<p>Troubled minds</p> <p style="padding-left: 20px;">Evolution and the unconscious</p> <p style="padding-left: 20px;">The effects of different styles of mothering</p> <p style="padding-left: 20px;">The social context of neurosis</p> <p style="padding-left: 20px;">Personal growth and contemporary psychotherapy</p> <p style="padding-left: 20px;">Evolutionary cognitive ethology as a basis for therapeutic theory</p> <p style="padding-left: 20px;">Summary</p>	<p>279</p> <p>279</p> <p>285</p> <p>292</p> <p>298</p> <p>306</p> <p>308</p>
11	<p>Consciousness, flow, and the two sides of the mind</p> <p style="padding-left: 20px;">Objective and subjective aspects of attention</p> <p style="padding-left: 20px;">Enjoyment, conformity, and personal independence</p> <p style="padding-left: 20px;">Deep play and alienation</p> <p style="padding-left: 20px;">Bimodal consciousness and the brain</p> <p style="padding-left: 20px;">Levels of mental operation</p> <p style="padding-left: 20px;">Summary</p>	<p>311</p> <p>311</p> <p>317</p> <p>321</p> <p>326</p> <p>330</p> <p>334</p>
12	<p>Meditation</p> <p style="padding-left: 20px;">Types of meditation</p> <p style="padding-left: 20px;">Transcendental meditation and research on its effects</p> <p style="padding-left: 20px;">Explanations of TM and other forms of relaxation</p> <p style="padding-left: 20px;">Zen and enlightenment</p> <p style="padding-left: 20px;">Other effects of meditation</p> <p style="padding-left: 20px;">Conclusion</p> <p style="padding-left: 20px;">Summary</p>	<p>337</p> <p>337</p> <p>338</p> <p>342</p> <p>343</p> <p>349</p> <p>349</p>
13	<p>The quest for meaning: models of mind and ego transcendence</p> <p style="padding-left: 20px;">Meaning and religion</p> <p style="padding-left: 20px;">Monasticism and the priesthood</p> <p style="padding-left: 20px;">Individualism and the quest for meaning</p> <p style="padding-left: 20px;">The Buddhist model of mind in the <i>Abidhamma</i></p> <p style="padding-left: 20px;">Developments in Mahayana psychology</p> <p style="padding-left: 20px;">Towards a Western Zen: from theory into practice</p> <p style="padding-left: 20px;">Conclusion</p> <p style="padding-left: 20px;">Summary</p>	<p>352</p> <p>352</p> <p>354</p> <p>359</p> <p>364</p> <p>370</p> <p>374</p> <p>380</p> <p>380</p>
14	<p>The dialectics of change</p> <p style="padding-left: 20px;">The biological function and progressive development of the human person</p> <p style="padding-left: 20px;">Social identity: the interface of societal and personal processes</p>	<p>383</p> <p>383</p> <p>390</p>

xvi Contents

Values: sociopolitical contradictions and the hope for a world community	395
Dialectics in the behavioural sciences	399
Dialectics and equanimity in life	403
Summary	408
 References	 413
 Author Index	 433
 Subject Index	 438