

# ПРИМЕЧАНИЯ

Собирая материал для этой книги, я проанализировал около четырех тысяч единиц рецензированной научной литературы. Если бы это была научная книга, большинство работ были бы указаны в тексте по мере их упоминания, вместе со ссылкой на справочно-библиографический раздел. Однако мой собственный опыт в качестве читателя научно-популярной литературы говорит о том, что наличие в тексте многочисленных скобок с именами исследователей только отвлекает внимание от созданной автором целостной истории. Я составил эти примечания, чтобы поддержать фактами, например статистическими данными о распространенности того или иного заболевания, свои утверждения, а также эксперименты (с инверсионными очками), чтобы заинтересованные читатели могли глубже изучить эти вопросы. В каждом случае я старался ссылаться на работы, связанные с темой книги; как правило, это метаанализ или обзор, охватывающий сотни статей, а не серия эмпирических работ, которые легли в основу обзора.

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- 25 Возможно, в других книгах вы видели эту модель под названиями модель OCEAN или модель CANOE. В них те же пять факторов перечисляются в другом порядке, а вместо эмоциональной устойчивости используется ее противоположность — невротизм.
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ядра (для управления суточными ритмами и регулирования гормонов в зависимости от времени суток, на которое указывает количество солнечного света). Этот процесс отчасти осуществляется в соответствии с генетическими инструкциями.

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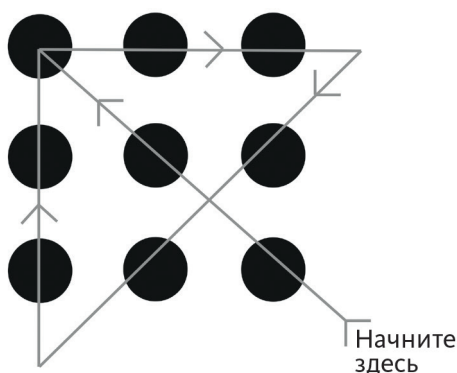


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- 1) Чамама. Возьмите лист и стебель (вдохните лечебное снадобье в нос, чтобы вычихать болезнь).
  - 2) Каладали. Возьмите листья и стебли, выпейте.
  - 3) Обоу. Возьмите листья и стебли.
  - 4) Огака. Возьмите корни, измельчите и выпейте.
  - 5) Абундо. Возьмите листья и стебли.
- В этом вопросе варианты 1 и 2 — распространенное лекарство от хомы, вариант 3 — редкое лекарство, вариант 4 — лекарство, которое не используется для лечения хомы, а вариант 5 — вымышленное (несуществующее) лекарственное растение. Таким образом, варианты 1–3 расценивались как правильные ответы. В случае выбора варианта 5 начислялось три штрафных балла. Для того чтобы избежать этноцентрического смещения результатов, подсчет очков был основан на знаниях целителя, а не на том, что жители Запада могут считать правильными ответами.
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## ГЛАВА 6

1 Я начинаю главу с этой цитаты, поскольку она широко известна и звучит актуально для многих из нас. Нам понятно стремление оградить себя от требований и раздражающего характера других людей. Однако это ошибочная интерпретация слов Сартра. Он не имел в виду, что человек становится счастливее в изоляции. На самом деле он хотел сказать, что мы не можем избежать суждений других людей, их пристального внимания и того стыда, который ощущаем, когда они видят наши недостатки. Полная цитата из пьесы *No Exit* («За закрытыми дверями») звучит так: «Эти пожирающие взгляды... А! Вас только двое? Я думал: гораздо больше. Так вот он какой, ад! Никогда бы не подумал... Помните: сера, решетки, жаровня... Чепуха все это! На кой черт жаровня? Ад — это другие» (перевод Л. Каменской). P. Caws, “To Hell and Back: Sartre on (and in) Analysis with Freud,” *Sartre Studies International* 11, no. 1 (2005): 166–176. Сам Сартр сказал об этом следующее: «Фразу “Ад — это другие” всегда понимали неправильно. Принято считать, что я имел в виду, будто наши отношения с другими людьми всегда отравлены, будто это неизбежно адские отношения. Однако я имел в виду нечто совершенно иное. Я хотел сказать, что, если отношения с кем-то запутанны, испорчены,

- этот человек действительно может быть только адом. Почему? Потому что... когда мы размышляем о себе, когда пытаемся познать себя... мы используем то знание себя, которое уже есть у других людей. Мы оцениваем себя с помощью тех инструментов, которые есть у других людей и которые они нам предоставили, для того чтобы мы оценивали себя. В то, что я говорю о себе, всегда вмешивается чье-то суждение. В то, что я ощущаю внутри, всегда вмешивается чье-то суждение. ...Однако это совсем не значит, что нельзя поддерживать взаимоотношения с другими людьми. Это просто подчеркивает исключительное значение людей для каждого из нас».
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## ЧАСТЬ II

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- в гуманитарных миссиях в развивающихся странах, где лечит обезвоживание с помощью своего продукта. У меня нет финансовой заинтересованности в деятельности этой компании, и я не извлеку никакой выгоды, если вы будете покупать этот продукт. Список рекомендаций можно посмотреть здесь: Eduardo P. Dolhun, Oral rehydration composition, US Patent 8,557,301, filed July 1, 2011, and issued October 15, 2013, <https://patentimages.storage.googleapis.com/bd/54/5b/cd03de0b6f973c/US8557301.pdf>.
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## ГЛАВА 10

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Скотт Графтон рекомендует: «Нам необходимо внимательно и недвусмысленно определить, что мы подразумеваем под воплощенным познанием. Некоторые психологи используют его как экспланандум космического единения с чувственным восприятием, как в случае Джеймса Джерома Гибсона. Этот термин возник под влиянием идей специалиста по робототехнике Родни Брукса, который утверждал, что с инженерной точки зрения было бы глупо размещать все элементы управления системы восприятия и реагирования в центральном процессоре. Для того чтобы освободить центральный блок управления, например мозг, какие-то операции должны выполняться на периферии. Еще один наглядный пример с нервными волокнами — рефлекс Шеррингтона (коленный рефлекс), который затрагивает только спинной мозг. Каждый из таких многоуровневых циклов расширяет функциональность. Два первые вообще не нуждаются в коре головного мозга. Иначе говоря, согласно теории воплощенного познания, определенные функции интеллектуальной обработки данных и управления выполняет тело. Из общения со Скоттом Графтоном по электронной почте.

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