



Investigating Pristine Inner Experience

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You live your entire waking life immersed in your inner experiences (thoughts, feelings, sensations and so on) private phenomena created by you, just for you, your own way. Despite their intimacy and ubiquity, you probably do not know the characteristics of your own inner phenomena; neither does psychology or consciousness science. *Investigating Pristine Inner Experience* explores how to apprehend inner experience in high fidelity. This book will transform your view of your own inner experience, awaken you to experiential differences between people and thereby reframe your thinking about psychology and consciousness science, which banned the study of inner experience for most of a century and yet continued to recognize its fundamental importance. The author, a pioneer in using beepers to explore inner experience, draws on his 35 years of studies to provide fascinating and provocative views of everyday inner experience and experience in bulimia, adolescence, the elderly, schizophrenia, Tourette's syndrome, virtuosity and more.

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