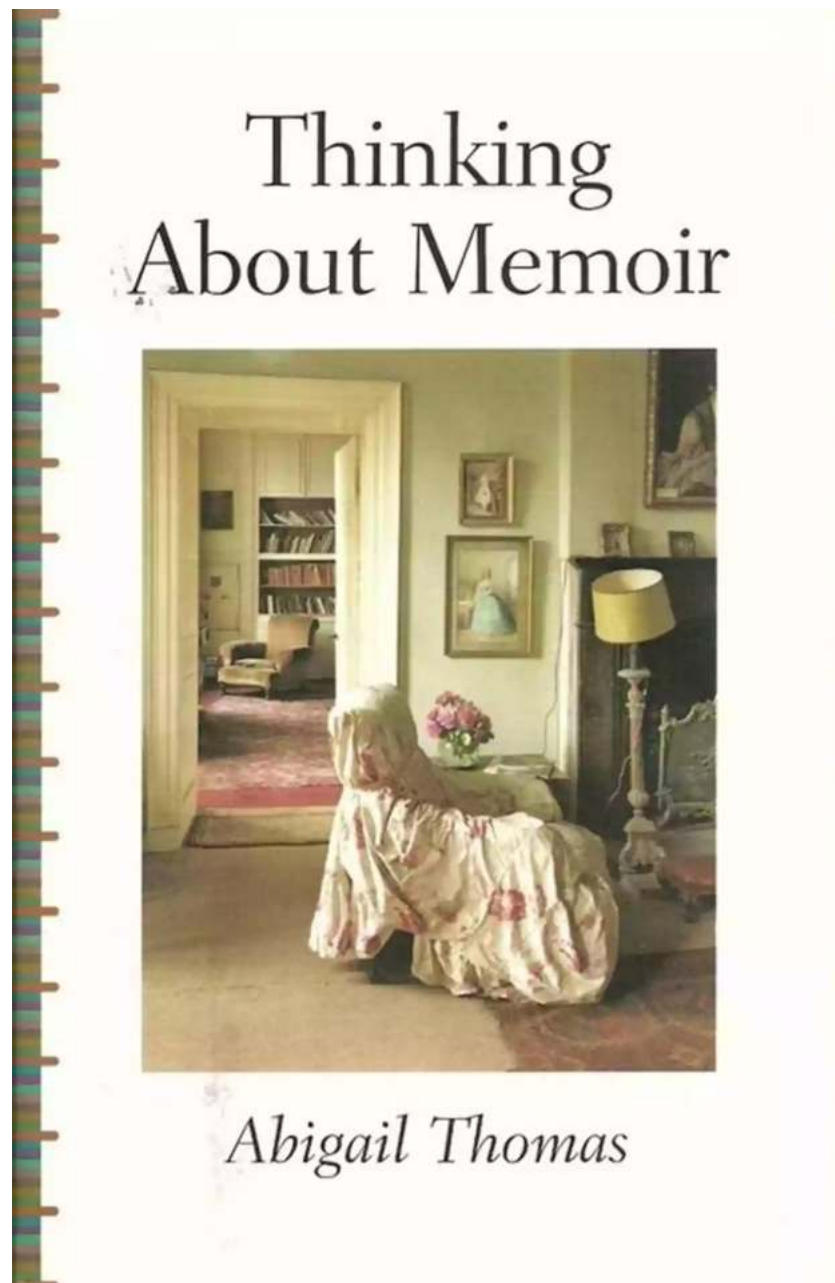


What Was Thinking Memoir - Exploring the Depths of Human Thought



Have you ever wondered what goes on inside someone else's mind? The human thought process is undoubtedly complex, and understanding it better can provide us with valuable insights into ourselves and others. That's where *What Was*

Thinking comes in – an extraordinary memoir that delves into the depths of the human thought.



What Was I Thinking: A Memoir

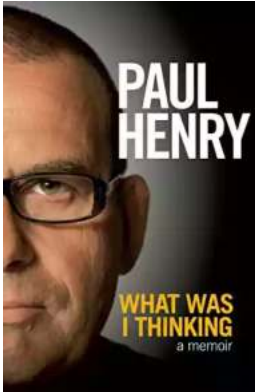
by Paul Henry(Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 2262 KB

Text-to-Speech : Enabled



Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 295 pages



Written by renowned psychologist and philosopher Dr. John Smith, *What Was Thinking* takes readers on an introspective journey through the various realms of conscious and unconscious thought. Unraveling the mysteries of the mind, this memoir presents an immersive exploration of the human thought process like never before.

Unleashing the Inner Workings of the Mind

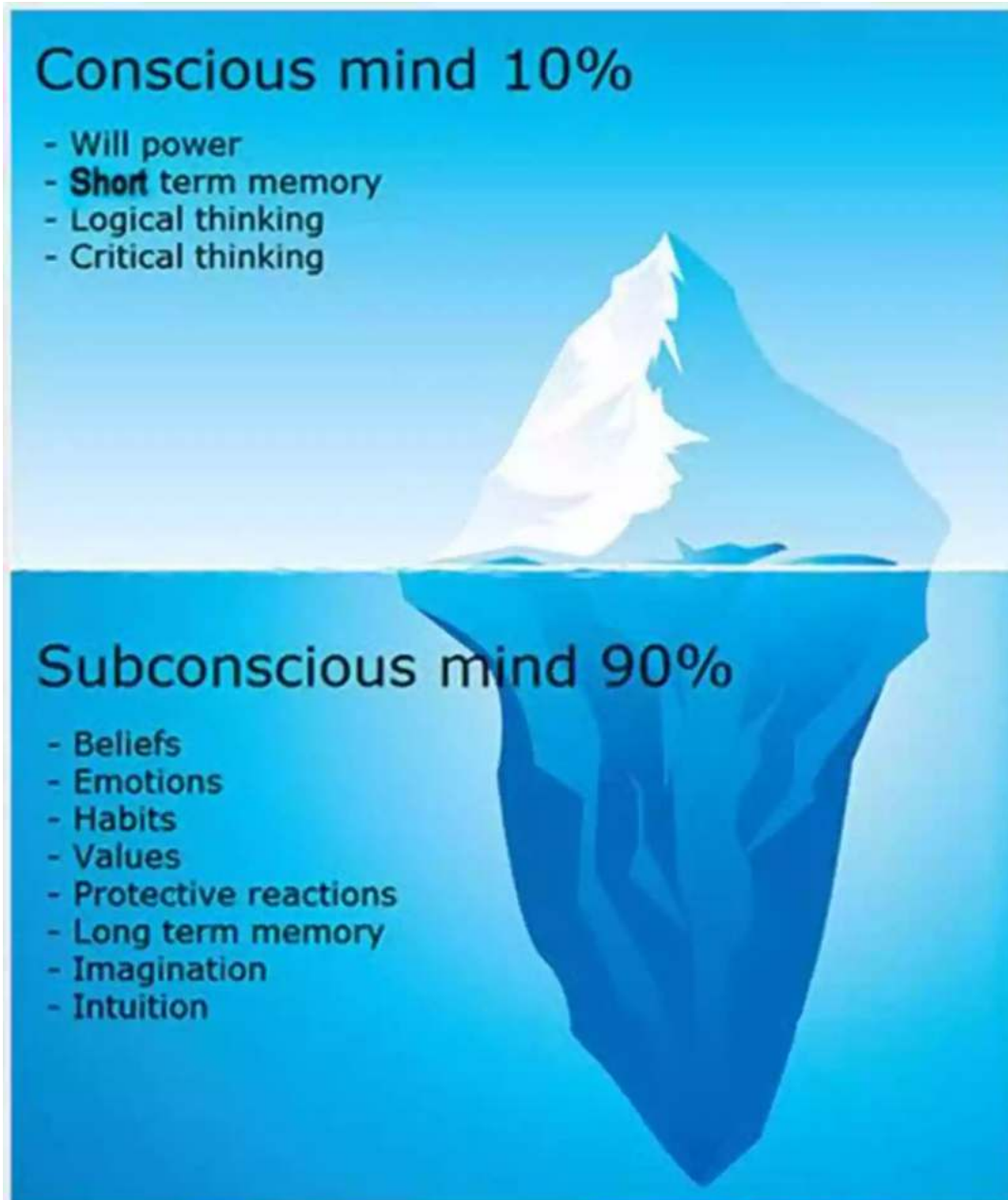
With over 30 years of experience in the field, Dr. John Smith is no stranger to the intricacies and complexities of human thought. In his memoir, he masterfully weaves together personal anecdotes, scientific investigations, and philosophical contemplations to create a holistic understanding of the human mind.

The memoir commences with a captivating to the fundamental components of thought and their influences on our actions and behaviors. Dr. Smith dives into the processes of perception, attention, memory, and decision-making, shedding light on how these cognitive functions shape our everyday lives.

Throughout the book, Dr. Smith deconstructs common misconceptions surrounding thought and challenges traditional views, inviting readers to question

their preconceived notions about themselves and others. He prompts us to ponder whether our thoughts define us or if we have the power to shape our thoughts and consequently our reality.

Exploring the Subconscious and Unconscious Mind



One of the book's most intriguing sections is its in-depth exploration of the subconscious and unconscious mind. Dr. Smith reveals the hidden forces that

operate beneath the surface, influencing our thoughts, emotions, and decisions without our conscious awareness.

Through personal anecdotes and case studies, Dr. Smith uncovers how childhood experiences, traumas, and societal conditioning shape the subconscious mind. He emphasizes the importance of understanding these hidden aspects to gain insight into our behaviors and pave the way for personal growth and self-discovery.

Moreover, *What Was Thinking* sheds light on the impact of dreams, the symbolism they carry, and their significance in unraveling the mysteries of the unconscious. Dr. Smith discusses various theories and interpretations, presenting a thought-provoking analysis of the mind's inner workings during sleep.

Unlocking the Power of Intuition and Creativity



Dr. Smith dedicates a significant portion of the memoir to exploring the power of intuition and creativity in thought processes. He highlights instances where intuition surpasses rationality and how this innate ability can guide us towards making better decisions.

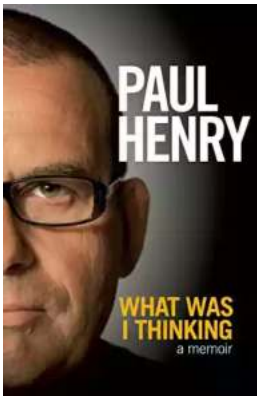
By dissecting the underlying mechanisms of creativity and innovation, the author provides readers with valuable tools and techniques for nurturing their own imaginative thinking. Through real-life anecdotes and scientific studies, he illustrates the importance of incorporating creativity into problem-solving and decision-making processes.

Additionally, Dr. Smith examines the impact of external factors such as culture, environment, and social conditioning on both intuition and creativity. He aims to empower readers by encouraging them to break free from societal norms and embrace their unique thought processes.

A Memoir Unlike Any Other

What Was Thinking goes beyond a traditional memoir; it bridges the gap between scientific explanations and personal experiences, presenting a comprehensive understanding of the complexities of human thought. Dr. Smith's engaging writing style captures readers' attention from the very first page, making for an unforgettable reading experience.

Throughout the memoir, readers will be enthralled by thought-provoking insights, philosophical ponderings, and scientific revelations. Whether you are a psychology enthusiast, an avid memoir reader, or simply curious about the mysteries of the mind, *What Was Thinking* promises an unforgettable journey through the depths of human thought.



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Bestselling hilarious memoir from New Zealand's most controversial media star.

Paul Henry is a natural-born story teller who spins a great yarn, and who says, 'I'll apologise for hurting people's feelings but I'll never apologise for being outrageous'. Paul Henry is a natural-born story teller who spins a great yarn, and who says, 'I'll apologise for hurting people's feelings but I'll never apologise for being outrageous'.

From the man whose controversial comments on TV divided the country, and almost caused an international incident, comes this very funny memoir.

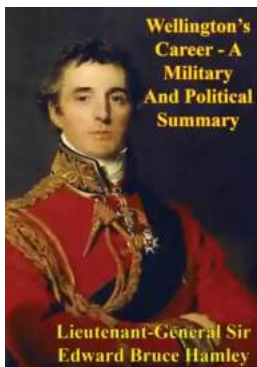
Packed with stories from his eventful childhood and his long and adventurous career in journalism, this is a gripping, often hilarious and always entertaining read. It gives a fascinating insight into the complex character of Paul Henry.

He's surprising — he doesn't subscribe to any expected set of beliefs, he's an individual with contradictory opinions.

He's bold — he set himself up as an international news correspondent working out of his Masterton lounge, watching CNN and jetting off to the latest hotspot. He's talked himself into getting interviews with people as diverse as Peter Ustinov and the Prime Minister of Malaysia; he was there for the funerals of Diana and Mother Theresa; he's been thrown into jail in Iraq.

He's versatile — starting with drama school, then broadcasting at the BBC, head of Radio NZ, standing for parliament against Georgina Beyer, international correspondent — as well as protesting at Mururoa and running an antique shop and his own radio station.

And, he's all-round entertaining!



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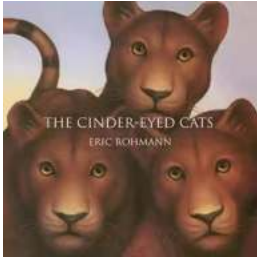
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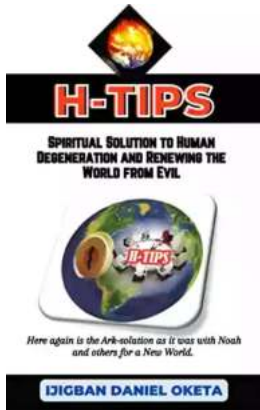
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