

Preface

The mind makes a difference to the physical world. Therefore, the mind causes things to happen in the physical world. You opened this book because you found it interesting (I assume with a bit of self-flattery). When you opened the book, your fingers moved in a certain way. If you had not been interested, your fingers would not have moved in this way. Thus, your interest caused your fingers to move the way they did. Your mind had a physical effect because it made a difference to what was going on in the physical world.

If we think about the relation between the mind and the physical world in this way, we can solve a number of difficult problems. We can explain how the mind and the physical world can interact in principle. We can explain how certain physical effects can have both physical causes (such as certain events in your brain when you opened the book) and mental causes. Moreover, we can explain these things even if the mind is not itself physical. Or so I argue in this book.

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