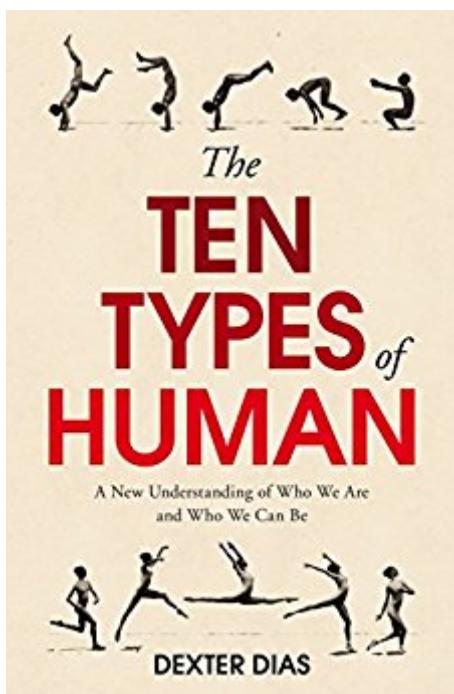


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# The Ten Types Of Human: A New Understanding Of Who We Are, And Who We Can Be



## Synopsis

'I emerged from this book feeling better about almost everything... a mosaic of faces building into this extraordinary portrait of our species.' Guardian 'The Ten Types of Human is a fantastic piece of non-fiction, mixing astonishing real-life cases with the latest scientific research to provide a guide to who we really are. It's inspiring and essential.' Charles Duhigg 'Uplifting and indispensable.'

Howard Cunnell This book will introduce you to ten people. In a way, you already know them. Only you don't. They are not really. In a sense, they are you. Only they are not entirely. They inform and shape the most important decisions in your life. But you are almost certainly unaware of their intervention. They are the Ten Types of Human. Who are they? What are they for? How did they get into your head? We want to believe that there are some things we would never do. We want to believe that there are others we always would. But how can we be sure? What are our limits? Do we have limits? The answer lies with the Ten Types of Human: the people we become when we are faced with life's most difficult decisions. But who or what are these Types? Where do they come from? How did they get into our heads? The Ten Types of Human is a pioneering examination of human nature. It looks at the best and worst that human beings are capable of, and asks why. It explores the frontiers of the human experience, excavating the forces that shape our thoughts and actions in extreme situations. It begins in a courtroom and journeys across four continents and through the lives of some exceptional people, in search of answers. Mixing cutting-edge neuroscience, social psychology and human rights research, The Ten Types of Human is at once a provocation and a map to our hidden selves. It provides a new understanding of who we are and who we can be.

## Book Information

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## Customer Reviews

One of the problems of our digital revolution has been identified as the echo-chamber of social media that narrows and confines our perspective, without us even knowing it. This book is the antidote to that echo chamber - it has expanded my perspective by opening my eyes to numerous perilous human journeys 'in the underground history of our times'. Dexter Dias offers us a window on our world that has been either untold or forgotten. Combining the craft of a bestselling novelist, the sharp edge of a university academic and the richest historical and cultural hinterland of a public intellectual, Dexter Dias offers an explosive insight into the profoundest truths about human nature. This master of narrative uses the latest research in neuroscience and psychology to forge new connections and a novel understanding of human behaviour across the globe, from the plight of Antony and Michael, the child slaves in Ghana, to Saira and Omer, the child soldiers in the Central African Republic. This utterly compelling narrative written in fluid conversational style offers a whole new perspective on some age old problems of human identity and the underlying reasons for our common behaviour patterns. In this book Dexter Dias has given a voice to those without a voice and the implications are far reaching - this is required reading for anyone with an interest in human nature, human rights, human identity, individuality and freedom. It's not often that I can't put a book down so this one comes with a warning - only pick it up if you can risk not putting it down. I cried whilst reading the section on the Central African Republic - the harrowing stories of the child soldiers attempting to survive their violent world, the world's largest 'forgotten humanitarian crisis' according to the UN. But despite the somewhat intimidating length of the book, every minute I've spent reading has been richly rewarded. My horizons have widened. In Saira's narrative her father tells her that 'books are more precious than diamonds'. I guess that can depend on the book - but this book which strikes such a deep resonance with the human heart and mind, deserves the comparison and is just as precious. In some sense it's prophetic. It's an invitation to view ourselves

and our fellow human beings with entirely new eyes. After reading this you cannot be numb, you cannot switch off from the needs of others and the human compulsion we all share to do something, anything, however small, to create a more just world. It invites us to act, to support the work of INQUEST, ActionAid and UNICEF. It has inspired me to do something different and better - to ignore the echo chamber and to try and help others. I want everyone to read this book.

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