



# The Body in Mind: Understanding Cognitive Processes (Cambridge Studies in Philosophy)

*Mark Rowlands*

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**The Body in Mind: Understanding Cognitive Processes (Cambridge Studies in Philosophy)** Mark Rowlands

In this book, Mark Rowlands challenges the Cartesian view of the mind as a self-contained monadic entity, and offers in its place a radical externalist or environmentalist model of cognitive processes. Cognition is not something done exclusively in the head, but fundamentally something done in the world. Drawing on both evolutionary theory and a detailed examination of the processes involved in perception, memory, thought and language use, Rowlands argues that cognition is, in part, a process whereby creatures manipulate and exploit relevant objects in their environment. It is not simply an internal process of information processing; equally significantly, it is an external process of information processing. This innovative book provides a foundation for an unorthodox but increasingly popular view of the nature of cognition.

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