



Know Thyself: Action and Perception -- Book 3, The Human Equation Toolkit

Wayne Constantineau, Eric McLuhan

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The third of five books in the groundbreaking new series *The Human Equation Toolkit*.

In Books 1 and 2 of The Human Equation Toolkit series, mime Wayne Constantineau and scholar Eric McLuhan explore the four postures and the four modes of action. They show how the postures (standing, lying down, kneeling, sitting) combine with the modes of action (isometric pressure, displacement, configuration, articulation) to provide the basis of all developments in culture, science, activity, and media.

Now, in Book 3 of the series, they investigate the interplay between these modes and the modes of perception. "Know yourself" becomes a journey that Socrates -- and perhaps even the Delphic Oracle -- never could have imagined: a sense-opening odyssey into the pathological and physiological effects of the media -- or extensions -- of humanity.

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