



Drive Yourself Sane: Using the Uncommon Sense of General Semantics. Third Edition.

Susan Presby Kodish, Bruce I. Kodish

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This thoroughly revised Third Edition of Drive Yourself Sane, first published in 1993, remains the most reliable short introduction to 'general semantics' (GS) now available. A remarkable system of thought founded by Alfred Korzybski (1879-1950), GS is based on a careful study of human behavior and scientific problem-solving, bridging applied psychology and practical philosophy. Drive Yourself Sane provides time-tested methods for critical and creative thinking and constructive communicating with a variety of problem-solving applications for mental hygiene, personal development, education, business, etc. The text and accompanying exercises help readers sharpen the primary tools they were born with: their individual brain-nervous systems with their marvelous capacities to adapt to change and to learn from and build upon their own and other people's experiences. This Third Edition contains fascinating additional biographical material about Alfred Korzybski, based on research for Bruce Kodish's book, Korzybski: A Biography. Includes Notes, Bibliography and Index.

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