

Contents

Acknowledgments	vi
Preface	vii
1 At each and every moment I can decide who I am	1
Heinz von Foerster on the observer, on dialogical living, and on a constructivist philosophy of distinctions	
2 We can never know what goes on in somebody else's head . 25	
Ernst von Glasersfeld on truth and viability, language and knowledge, and the premises of constructivist education	
3 The knowledge of knowledge entails responsibility 47	
Humberto R. Maturana on truth and oppression, structure determinism and dictatorship, and the autopoiesis of living	
4 Truth is what works 85	
Francisco J. Varela on cognitive science, Buddhism, the inseparability of subject and object, and the exaggerations of constructivism	
5 We are constructs ourselves 109	
Gerhard Roth on the creation of reality in the brain, on a reality independent from human consciousness, and on the relationship between neurobiology and philosophy	
6 We can never start from scratch 133	
Siegfried J. Schmidt on individuals and society, on the reality of the media, and on the constructivist conception of empirical knowledge	
7 The freedom to venture into the unknown 153	
Helm Stierlin on guilt and responsibility in systemic and constructivist thought, on the dialectical nature of human relations, and on the ethos of the therapist	
8 Reality: we can only know what it is <i>not</i> 173	
Paul Watzlawick on the axioms of communication, on the hidden realism of psychiatric diagnoses, and on the constructivist vision of human existence	
Biographical note on the author 192	