

Contents

Preface i

Part One

The Habit of Duality

1	Creating the Illusion of Duality	1
	Managing working memory	1
	Filtering strategies	5
	Categorization and long-term memory	8
	Dichotomous categories	11
	From stimuli to perception	14
	The consequences of dualistic thinking	16
2	Perpetuating the Illusion of Duality	19
	Our common distortions	19
	Neglecting the middle	21
	Dismissing the context	22
	Ignoring interconnections	23
	Oversimplifying the complement	24
	Glorifying the indication	24
	Emotions mediate dualistic habits	25
	Amplifying dualistic habits	27
	Sustaining structural duality	32
3	Avoiding Disconfirmation of Duality	37
	Our mechanistic heritage	37
	Materialism	38
	Reductionism	40
	Determinism	41
	Objectivity	42
	Duality and moral exclusion	44
	Depersonalization and violence	49
	Becoming sensitized to depersonalization	55

Part Two

Recognizing Depersonalization in Action

4	“They’re Not Like Us”: Hostile Bigotry	59
	The roots of hostile bigotry	59
	Hostile bigotry expressed as hate crimes	63
	Hostile bigotry and misogyny	70
	Hostile bigotry expressed in armed conflict	75
	Other targets of hostile bigotry	76
	Affirming hostile bigotry’s presence	79
5	“They Need Protection”: Benevolent Bigotry	81
	The nature of prejudice	81
	Implicit bias	83
	The dynamics of benevolent bigotry	88
	Benevolent sexism in operation	93
	Contending with benevolent bigotry	100
6	“They’re All the Same”: Stereotyping	101
	Prejudice and stereotypes	101
	Social identity and group membership	103
	The dynamics of stereotyping	107
	The dangers of stereotyping	110
	Stereotype activation	112
	Stereotype threat	114
	Assuming out-group homogeneity	116
	Resisting stereotyping	117
7	“They Can Be Ignored”: Invisibility	119
	The dynamic of dismissiveness	119
	Becoming disempowered	121
	Purposeful backgrounding	123
	Purposeful backgrounding of women	126
	Purposeful backgrounding of nonhumans	129
	Being unperceived	134
	Highlighting backgrounding	136
8	“They’re Ours to Use”: Objectification	137
	The dynamic of objectification	137
	Psychological abuse as objectification	142

Sexual objectification	144
Self-objectification	149
Human trafficking	153
Objectifying children	154
Objectifying nonhumans	157
Recognizing objectification	161

Part Three

Moving Beyond the Dualistic Model

9 Remembering Who We Are	163
Dealing with the illusion of duality	163
Framing the changes needed	165
Strengthening noticing	169
Strengthening feeling	177
Strengthening acting	180
Moving toward abundance	185
Appendices:	
A. The Effects of Gendered Language	189
B. Scientific Findings on Nonhuman Persons	195
C. Statement on "Race"	209
Tables:	
1. Examples of perceptual principles	16
2. Comparing hostile and benevolent behaviors	96
3. Stereotype content model	102
4. Depersonalization, attitudes, and beliefs	103
5. Helpfulness and objectification compared	139
6. Evaluating change strategies	168
Notes	211
References	259
Index	263
List of Exercises	271