

# Researchers Study Self-Knowledge (Literally)

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## *The Wall Street Journal:*

How well do people know their bodies and how does that help them function day to day?

The attempt to understand how humans make sense of all the complex feedback they receive from the eyes and ears down has taken off and reached a new level of understanding in the last decade.

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Tapping into the brain's ability to detect and integrate complex sensory information may also be useful therapeutically. Jane Aspell, a psychology professor at Anglia Ruskin University in the U.K., showed that people could identify with a virtual silhouette of themselves by tricking the brain with sensory cues to identify with the image, in this case by having the silhouette pulse in time with the individual's heartbeat. She expects to publish the research soon in the journal *Psychological Science*.

Read the whole story: [\*The Wall Street Journal\*](#)