

## Contents

<i>Preface: Shaping Experience</i>	<i>xi</i>
1. Unboxing the Prediction Machine	3
2. Psychiatry and Neurology: Closing the Gap	33
3. Action as Self-Fulfilling Prediction	70
4. Predicting the Body	88
Interlude: The Hard Problem—Predicting the Predictors?	115
5. Expecting Better	129
6. Beyond the Naked Brain	147
7. Hacking the Prediction Machine	181
Conclusions: Ecologies of Prediction, Porous to the World	211
<i>Appendix: Some Nuts and Bolts</i>	217
<i>Acknowledgments</i>	229
<i>Notes</i>	231
<i>Index</i>	271