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### Summary of Nicholson Baker's "Changes of Mind"

In an essay appropriately titled "Changes of Mind," author Nicholson Baker examines how our changes of mind occur. In contrast to common assumptions about the change of our opinions—where reason and logic are thought to sway our thinking—Baker contends that we are largely unable to control or prevent our changes of mind (4-7). Further, Baker argues that our changes of mind generally occur unconsciously; our opinions, he claims, are "gently nudged by circumstance" such that they "revise themselves under cover of inattention" (4). As a result, it is common that we do not know that our minds have changed or even what new opinions we have adopted until we find ourselves making arguments (4-5). Baker warns that changes of mind should not be confused with decisions: while the latter "reside pertly in the present" and are conscious, deliberate acts, the former require the "passage of time" and occur "on the outskirts of our attention" (6). However true this all may be, Baker is frustrated that he cannot precisely monitor the changes to his thinking or understand how the gradual accumulation of everyday experience serves to quietly alter his views. Rather than a false and embellished narrative that glosses over the true complexity of how our minds change (7), Baker wants to know "each sequential change of mind in its true, knotted, clotted, viny multifariousness" (9).

{219 words}

1. Our minds change without our control.
2. Changes of mind occur unconsciously.
3. The accumulation of vast amounts of everyday experiences over time drives changes.
4. Sometimes we find ourselves with brand new opinions and have no idea where they came from.
5. A change of mind is not a decision.
6. We construct false/embellished narratives to explain changes to ourselves.