

FOR IMMEDIATE RELEASE

## **Understanding Our Human Operating System Can Help Anyone Be More Effective and at Ease**

**Learn how people are wired and function;  
study psychology of the future online, free**

HAYWARD, Calif., March 31, 2011 /PRNewswire/ — An engineer's detailed explanation lays a foundation for psychology of the future. It is easy to understand and applies to management, psychotherapy and more.

You don't have to understand the Operating System of your computer to use it. You try buttons, read instructions and find your way. The same is true of people. Neither people nor animals have to understand their OS to function. But without an understanding of our OS we are all limited to exploring how we work by trial and error, making observations and sharing instructions. With an understanding of our human OS, developed by William T. (Bill) Powers (called Perceptual Control Theory, PCT), we can figure out what to do in a variety of circumstances from basic principles. Henry Yin, Professor of Psychology & Neuroscience at Duke University, made this comment:

“Bill Powers is one of the clearest and most original thinkers in the history of psychology. For decades he has explored with persistence and ingenuity the profound implications of the simple idea that biological organisms are control systems. His background in engineering allowed him to avoid many of the traps that have victimized even the best psychologists of the past. I believe his contributions will stand the test of time.”

Powers' writings, computer tutorials and simulations available for download as well as books by associates will show you that, with Powers' insight into our OS, psychology will in time become a science with the accuracy and reliability we expect in the physical and engineering sciences. Until now, psychologists have borrowed the scientific method from physical science without regard to the fact that living organisms control their environment, not the other way around. As a result, psychologists have analyzed the wrong thing, the wrong way. A scientific revolution is underway and psychology will have to start over. Anyone who chooses to study our OS Powers' way will understand psychology as well as, or better than, existing experts do, because, as Will Rogers said, “It isn't what we don't know that gives us trouble, it's what we know that ain't so.”

Among other things, understanding our OS lays a foundation for development of effective management skills. With respectful, insightful questioning a manager can determine what an associate is concerned about, support and modify understanding and goals. This leads to mutual insight, teamwork, satisfaction and high productivity. Careful listening and personal involvement are required, but results can be remarkable. Search for Jim Soldani's report [Effective Personnel Management](#) at the website.

Also, understanding our OS shows the way to effective psychotherapy and resolution of internal conflict. See *The Method of Levels* by Tim Carey.

[www.livingcontrolsystems.com](http://www.livingcontrolsystems.com) holds much information on PCT. So does [www.pctweb.org](http://www.pctweb.org).

Notice the link to read several titles online, free. Bill Powers is available for interviews.

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