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2. For an accessible discussion of neuroscience research showing that the brain is less active while executing habitual activities than novel ones, see the first chapter in Duhigg 2014.

3. Cited in Carlisle 2014, 8.

4. Of course we do in fact go through this process on occasion, but those are the exceptions not the rule.

5. Or as Ed Casey puts it, describing Merleau-Ponty's view: "In brief: no habit or past without body; no body without habit or past" (2013, 214).

6. See McLuhan 2003, cited in Van Den Eede 2010.

7. See Latour 1992, cited in Van Den Eede 2010.

8. Ihde first developed many of the ideas which follow in *Technics and Praxis* (1979). However I will refer mostly to their more mature formulations in his *Technology and the Lifeworld* (1990).

9. For an excellent, detailed overview of the central concepts of postphenomenology, as well as its philosophical origins and trajectories, see Rosenberger and Verbeek 2015.

10. In particular, my observations are likely relevant for thinking about how we comport ourselves in relation to the range of sensors beginning to be embedded in our built environments.

11. If I type too quickly, though, and two typebars get crossed, the internal effects present themselves immediately and transparency is lost.

12. <http://phylo.info/jobs/wiki>.