



Alexander Schwedeler

Fully Human

Being Fully Human in the Age of Artificial Intelligence

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The book "Fully Human. Being Fully Human in the Age of Artificial Intelligence" deals with some of the key challenges we are facing today: the development of

ing high performance teams. He provides a set of practical concepts that might help us to lead life in a more harmonious and human way in a world full of machines.

Alexander Schwedeler works as executive coach with his partners and clients on their leadership questions. He is a member of IMO Institut for Man and Organisationdevelopment since 2014. He worked for more than 20 years beforehand in finance and banking in various operational and leadership positions. This book is based on his practical life and work experience.

artificial intelligence and the development of the human being. How can we become fully human and stay in control of the machine? The author suggests a heart-centred image of the human being with an "I" as a non-local, spiritual entity. He discusses self-leadership as a basis for leadership in organisations and for build-

Organ system	Upper domain (form pole)	Middle (rhythmic domain)	Lower domain (substance pole)
Nervous and Sensory Systems	brain, sensory organs	spinal cord	autonomic nervous system
Respiratory- and Circulatory System	lung; heart	respiratory tract; blood vessels (arteries, veins)	gaseous exchange in tissues; blood, terminal vessels, capillaries
Metabolic- and Limb System	gastrointestinal tract	abdominal organs (liver, kidneys, etc.)	organs of movement, limbs, and muscles

Organ system	Basic processes	Organs	Soul-functions
Nerve and Sense System	information processes	brain; sensory organs	thinking; consciousness; coordination of activity
Respiratory and Circulatory System	rhythmic processes	lung: respiratory tract; heart: blood vessels; interplay between lung and heart	feeling; using the heart for judgement; balance; transport of nutrients
Metabolic and Limb System	metabolic processes	gastrointestinal tract; organs; limbs and muscles	willing; intention becomes action; energy creation through nutrient processing