How Much Knowledge is Necessary for Action?

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Action requires knowledge in order not to be just behavior. But how much knowledge is necessary to qualify behavior as (goal-related) action? The degree of consciousness is also an open question: Can unconscious thoughts really guide our decisions and actions? Does intuition help to make better decisions and improve problem-solving? How much knowledge is in the body ("the knowledge of the painter is in his hands")? In which way does knowledge influence problem-solving? Questions like these will be addressed and tentative answers given.