*¡Vivan las Revoluciones!*- A Personal History of the Birth of 4E Cognition: 1985-1995

4E (Embodied, Embedded, Extended, Enactive) Cognition is one increasingly common label among many for a perspective on cognition and behavior that emphasizes its situated, embodied, and dynamical character. However, while this term was only coined in 2007, the perspective is one whose roots go back 75 years and which first came to fruition in its modern sense during the years 1985-1995 in a series of interlinked revolutions that spanned multiple fields. Having both lived through and contributed to some of those revolutions, I present my own personal take on this history.