

The Idiot Brain A Neuroscientist Explains What Yo

IF YOU ALLY INFATUATION SUCH A REFERRED **THE IDIOT BRAIN A NEUROSCIENTIST EXPLAINS WHAT YO** BOOKS THAT WILL COME UP WITH THE MONEY FOR YOU WORTH, ACQUIRE THE CERTAINLY BEST SELLER FROM US CURRENTLY FROM SEVERAL PREFERRED AUTHORS. IF YOU DESIRE TO HUMOROUS BOOKS, LOTS OF NOVELS, TALE, JOKES, AND MORE FICTIONS COLLECTIONS ARE IN ADDITION TO LAUNCHED, FROM BEST SELLER TO ONE OF THE MOST CURRENT RELEASED.

YOU MAY NOT BE PERPLEXED TO ENJOY ALL BOOK COLLECTIONS **THE IDIOT BRAIN A NEUROSCIENTIST EXPLAINS WHAT YO** THAT WE WILL DEFINITELY OFFER. IT IS NOT JUST ABOUT THE COSTS. ITS VERY NEARLY WHAT YOU DEPENDENCE CURRENTLY. THIS **THE IDIOT BRAIN A NEUROSCIENTIST EXPLAINS WHAT YO**, AS ONE OF THE MOST IN FORCE SELLERS HERE WILL UNQUESTIONABLY BE AMONG THE BEST OPTIONS TO REVIEW.

How Not to Kill Your Houseplants - Trisha Bora 2021-08

WE'VE ALL KILLED HOUSEPLANTS. BUT A PLANT'S DEATH IS A GOOD STARTING POINT, BECAUSE IT CAN HELP US ANSWER THE IMPORTANT QUESTION: WHY DID IT DIE? EQUIPPED WITH THE RIGHT KNOWLEDGE, YOU CAN MAKE PLANTS THRIVE FOR MANY YEARS. **HOW NOT TO KILL YOUR HOUSEPLANTS** IS THE FIRST-EVER COMPREHENSIVE GUIDE ON HOW TO CARE FOR HOUSEPLANTS IN THE INDIAN CONTEXT. IN THIS BOOK, YOU WILL LEARN HOW TO CHOOSE THE RIGHT PLANTS FOR YOUR SPACE AND LIFESTYLE, THE RIGHT LIGHT REQUIREMENTS, WHEN AND HOW TO WATER AND FERTILIZE THEM, THE BEST POTTING MIXES, AND HOW TO PROPAGATE PLANTS. WITH SIMPLE AND EFFECTIVE ADVICE, AND SEVENTY HOUSEPLANT PROFILES, ACCOMPANIED BY STUNNING PICTURES, PLANT PARENTING HAS NEVER BEEN EASIER.

Brain Renaissance - Marco Catani 2015-04-06

BRAIN RENAISSANCE: FROM VESALIUS TO MODERN NEUROSCIENCE IS PUBLISHED ON THE 500TH ANNIVERSARY OF THE BIRTH AND THE 450TH ANNIVERSARY OF THE DEATH OF VESALIUS. THE AUTHORS TRANSLATED THOSE LATIN CHAPTERS OF THE *FABRICA* DEDICATED TO THE BRAIN, A MILESTONE IN THE HISTORY OF NEUROSCIENCE. MANY CHAPTERS ARE ACCOMPANIED BY A COMMENTARY TRACKING THE DISCOVERIES THAT PAVED THE WAY TO OUR MODERN UNDERSTANDING OF THE BRAIN - FROM THE PINEAL GLAND THAT REGULATES SLEEP, THE FORNIX AND MAMMILLARY BODIES FOR MEMORY, THE COLLICULI FOR AUDITORY AND VISUAL PERCEPTION, AND THE CEREBELLUM FOR MOTOR CONTROL, TO THE CORPUS CALLOSUM FOR INTERHEMISPHERIC CROSS-TALK, THE NEURAL CORRELATES OF SENSES, AND THE METHODS FOR DISSECTIONS. THE CHAPTERS CONSTITUTE A PRIMER FOR THOSE INTERESTED IN THE BRAIN AND HISTORY OF NEUROSCIENCE. THE TRANSLATION, WRITTEN WITH MODERN ANATOMICAL TERMINOLOGY IN MIND, PROVIDES DIRECT ACCESS TO VESALIUS' ORIGINAL WORK ON THE BRAIN. THOSE INTERESTED IN READING THE WORDS OF THE RENAISSANCE MASTER WILL FIND THE BOOK AN INVALUABLE ADDITION TO THEIR VESALIAN COLLECTION. **BRAIN RENAISSANCE** PAYS A TRIBUTE TO THE WORK OF THE PIONEERS OF NEUROSCIENCE AND TO THE LIVES OF THOSE WITH BRAIN DISORDERS, THROUGH WHOSE SUFFERING MOST DISCOVERIES ARE MADE. IT'S AN UNFORGETTABLE JOURNEY INSPIRED BY THE WORK OF THE GREAT ANATOMIST, WHOSE WORDS STILL RESONATE TODAY.

Emotional Ignorance - Dean Burnett 2023-01-10

WHY CAN'T WE THINK STRAIGHT WHEN HUNGRY? WHAT'S THE POINT OF NIGHTMARES? AND WHY CAN'T WE FORGET EMBARRASSING MEMORIES? EMOTIONS CAN BE A PAIN. AFTER LOSING HIS DAD TO COVID-19, DEAN BURNETT FOUND HIMSELF WONDERING WHAT LIFE WOULD BE LIKE WITHOUT THEM. AND SO, HE DECIDED TO PUT HIS FEELINGS UNDER THE MICROSCOPE - FOR SCIENCE. IN **EMOTIONAL IGNORANCE**, DEAN TAKES US ON AN INCREDIBLE JOURNEY OF DISCOVERY, STRETCHING FROM THE ORIGINS OF LIFE TO THE END OF THE UNIVERSE. ALONG THE WAY HE REVEALS: - WHY WE WOULD EVER FOLLOW OUR GUT; - WHETHER THINGS REALLY WERE BETTER IN THE OLD DAYS; - WHY IT'S SO HARD TO STOP DOOMSCROLLING; - AND HOW SAD MUSIC CAN MAKE US HAPPIER. COMBINING EXPERT ANALYSIS, BRILLIANT HUMOUR AND POWERFUL INSIGHTS INTO THE GRIEVING PROCESS, DEAN UNCOVERS HOW, FAR FROM HOLDING US BACK, OUR EMOTIONS MAKE US WHO WE ARE.

The Psychology Book - DK 2015-02-02

LEARN ABOUT HUMAN NATURE, BEHAVIOUR AND HOW THE MIND WORKS WITH **THE PSYCHOLOGY BOOK**. PART OF THE FASCINATING BIG IDEAS SERIES, THIS BOOK TACKLES TRICKY TOPICS AND THEMES IN A SIMPLE AND EASY TO FOLLOW FORMAT. LEARN ABOUT PSYCHOLOGY IN THIS OVERVIEW GUIDE TO THE SUBJECT, BRILLIANT FOR BEGINNERS LOOKING TO LEARN AND EXPERTS WISHING TO REFRESH THEIR KNOWLEDGE ALIKE! **THE PSYCHOLOGY BOOK** BRINGS A FRESH AND VIBRANT TAKE ON THE TOPIC THROUGH EYE-CATCHING GRAPHICS AND DIAGRAMS TO IMMERSE YOURSELF IN. THIS CAPTIVATING BOOK WILL BROADEN YOUR UNDERSTANDING OF PSYCHOLOGY, WITH: - MORE THAN 100 GROUND-BREAKING IDEAS IN THIS FIELD OF SCIENCE - PACKED WITH FACTS, CHARTS, TIMELINES AND GRAPHS TO HELP EXPLAIN CORE CONCEPTS - A VISUAL APPROACH TO BIG SUBJECTS WITH STRIKING ILLUSTRATIONS AND GRAPHICS THROUGHOUT - EASY TO FOLLOW TEXT MAKES TOPICS ACCESSIBLE FOR PEOPLE AT ANY LEVEL OF UNDERSTANDING **THE PSYCHOLOGY BOOK** IS THE PERFECT INTRODUCTION TO THE SCIENCE, AIMED AT ADULTS WITH AN INTEREST IN THE SUBJECT AND STUDENTS WANTING TO GAIN MORE OF AN OVERVIEW. HERE YOU'LL DISCOVER KEY CONCEPTS BY PSYCHOLOGISTS WHO HAVE SIGNIFICANTLY ENHANCED OUR UNDERSTANDING OF THE HUMAN MIND AND BEHAVIOUR. LEARN ABOUT EVERYONE WHO'S CONTRIBUTED TO THE BIG IDEAS IN PSYCHOLOGY, INCORPORATING THE IDEAS OF TODAY'S SCIENTISTS AS WELL THOSE OF THE ANCIENT PHILOSOPHERS AND PIONEERS. YOUR PSYCHOLOGICAL QUESTIONS, SIMPLY EXPLAINED IF YOU THOUGHT IT WAS DIFFICULT TO LEARN PSYCHOLOGY AND ITS MANY CONCEPTS, **THE PSYCHOLOGY BOOK** PRESENTS THE KEY IDEAS IN A CLEAR LAYOUT. LEARN ABOUT THE KEY PERSONALITIES OF THE 19TH AND 20TH CENTURIES WHOSE WORK HAS MADE SIGNIFICANT CONTRIBUTIONS TO OUR UNDERSTANDING OF HUMAN BEHAVIOUR. SUPERB MIND MAPS AND STEP-BY-STEP SUMMARIES EXPLAIN THE LINE OF THOUGHT CLEARLY FOR STUDENTS OF PSYCHOLOGY AND FOR ANYONE WITH A GENERAL INTEREST IN UNDERSTANDING THE HUMAN MIND. **THE BIG IDEAS SERIES** WITH MILLIONS OF COPIES SOLD WORLDWIDE, **THE PSYCHOLOGY BOOK** IS PART OF THE AWARD-WINNING BIG IDEAS SERIES FROM DK. THE SERIES USES STRIKING GRAPHICS ALONG WITH ENGAGING WRITING, MAKING BIG TOPICS EASY TO UNDERSTAND.

The Brain That Changes Itself - Norman Doidge 2007-03-15

"FASCINATING. DOIDGE'S BOOK IS A REMARKABLE AND HOPEFUL PORTRAIT OF THE ENDLESS ADAPTABILITY OF THE HUMAN BRAIN."—OLIVER SACKS, MD, AUTHOR OF *THE MAN WHO MISTOOK HIS WIFE FOR A HAT* WHAT IS NEUROPLASTICITY? IS IT POSSIBLE TO CHANGE

YOUR BRAIN? NORMAN DOIDGE'S INSPIRING GUIDE TO THE NEW BRAIN SCIENCE EXPLAINS ALL OF THIS AND MORE AN ASTONISHING NEW SCIENCE CALLED NEUROPLASTICITY IS OVERTHROWING THE CENTURIES-OLD NOTION THAT THE HUMAN BRAIN IS IMMUTABLE, AND PROVING THAT IT IS, IN FACT, POSSIBLE TO CHANGE YOUR BRAIN. PSYCHOANALYST, NORMAN DOIDGE, M.D., TRAVELED THE COUNTRY TO MEET BOTH THE BRILLIANT SCIENTISTS CHAMPIONING NEUROPLASTICITY, ITS HEALING POWERS, AND THE PEOPLE WHOSE LIVES THEY'VE TRANSFORMED—PEOPLE WHOSE MENTAL LIMITATIONS, BRAIN DAMAGE OR BRAIN TRAUMA WERE SEEN AS UNALTERABLE. WE SEE A WOMAN BORN WITH HALF A BRAIN THAT REWIRED ITSELF TO WORK AS A WHOLE, BLIND PEOPLE WHO LEARN TO SEE, LEARNING DISORDERS CURED, IQS RAISED, AGING BRAINS REJUVENATED, STROKE PATIENTS LEARNING TO SPEAK, CHILDREN WITH CEREBRAL PALSY LEARNING TO MOVE WITH MORE GRACE, DEPRESSION AND ANXIETY DISORDERS SUCCESSFULLY TREATED, AND LIFELONG CHARACTER TRAITS CHANGED. USING THESE MARVELOUS STORIES TO PROBE MYSTERIES OF THE BODY, EMOTION, LOVE, SEX, CULTURE, AND EDUCATION, DR. DOIDGE HAS WRITTEN AN IMMENSELY MOVING, INSPIRING BOOK THAT WILL PERMANENTLY ALTER THE WAY WE LOOK AT OUR BRAINS, HUMAN NATURE, AND HUMAN POTENTIAL.

A Million Things To Ask A Neuroscientist: The Brain Made Easy - Jodi Barnard 2021-03-11

AN EASY WAY TO LEARN ABOUT THE BRAIN. THE MOST INTERESTING QUESTIONS YOU HAVE ABOUT THE BRAIN ARE FINALLY ANSWERED. How are memories created? Do men and women have different brains? What are dreams and why do we have them? THIS BOOK MAKES THE BRAIN FUN AND EASY TO ENJOY. ANYONE WHO IS CURIOUS ABOUT WHAT REALLY GOES ON IN THAT MUSHY PINK THING INSIDE THEIR HEAD WILL ENJOY THIS GUIDE TO THE BRAIN AND NEUROSCIENCE. JOIN NEUROSCIENTIST MIKE TRANTER PHD AS HE EXPLAINS THE BRAIN IN HIS UNIQUE AND FUNNY STYLE. HE ANSWERS QUESTIONS THAT WERE SUBMITTED BY THE PUBLIC, AND THE BEST PART IS, NO SCIENTIFIC BACKGROUND IS NEEDED WHATSOEVER. INCLUDES A CHAPTER DESCRIBING SOME OF THE STRANGE MYSTERIES ABOUT THE BRAIN, AND A BEHIND THE SCENES LOOK AT HOW CUTTING-EDGE NEUROSCIENCE RESEARCH WILL CHANGE THE FUTURE. FINALLY, THE BRAIN IS MADE EASY.

The Little Book of Psychology - Emily Ralls 2021-09-28

IF YOU WANT TO KNOW YOUR FREUD FROM YOUR JUNG AND YOUR MILGRAM FROM YOUR MASLOW, STRAP IN FOR THIS WHIRLWIND TOUR OF THE HIGHLIGHTS OF PSYCHOLOGY. INCLUDING ACCESSIBLE PRIMERS ON: THE EARLY THINKERS WHO CONTRIBUTED TO PSYCHOLOGICAL IDEAS AND THE BIRTH OF MODERN PSYCHOLOGY FAMOUS (AND OFTEN CONTROVERSIAL) EXPERIMENTS AND THEIR REPERCUSSIONS WHAT PSYCHOLOGY CAN TEACH US ABOUT MEMORY, LANGUAGE, CONFORMITY, REASONING AND EMOTIONS THE ETHICS OF PSYCHOLOGICAL STUDIES RECENT DEVELOPMENTS IN THE MODERN FIELDS OF EVOLUTIONARY AND CYBER PSYCHOLOGY. THIS ILLUMINATING LITTLE BOOK WILL INTRODUCE YOU TO THE KEY THINKERS, THEMES AND THEORIES YOU NEED TO KNOW TO UNDERSTAND HOW THE STUDY OF MIND AND BEHAVIOR HAS SCULPTED THE WORLD WE LIVE IN AND THE WAY WE THINK TODAY.

Idiot Brain: What Your Head Is Really Up To - Dean Burnett 2016-07-25

"IF YOU'VE EVER WANTED TO SIT DOWN WITH A NEUROSCIENTIST, HAVE A FEW DRINKS, ASK A ZILLION QUESTIONS, AND LAUGH UNTIL YOU SNORTED, READ THIS BOOK." —DAVID MCRANEY, BEST-SELLING AUTHOR OF *YOU ARE NOT SO SMART* THE BRAIN IS AN ABSOLUTE MARVEL—THE SEAT OF OUR CONSCIOUSNESS, THE PINNACLE (SO FAR) OF EVOLUTIONARY PROGRESS, AND THE ENGINE OF HUMAN EXPERIENCE. BUT IT'S ALSO MESSY, FALLIBLE, AND ABOUT 50,000 YEARS OUT OF DATE. WE CLING TO SUPERSTITIONS, REMEMBER FACES BUT NOT NAMES, MISS THINGS SITTING RIGHT IN FRONT OF US, AND LIE AWAKE AT NIGHT WHILE OUR BRAINS ENDLESSLY REPLAY OUR GREATEST FEARS. **IDIOT BRAIN** IS FOR ANYONE WHO HAS EVER WONDERED WHY THEIR BRAIN APPEARS TO BE SABOTAGING THEIR LIFE—AND WHAT ON EARTH IT IS REALLY UP TO. LIBRARY JOURNAL SCIENCE BESTSELLER GOODREADS CHOICE AWARD SCIENCE & TECHNOLOGY FINALIST

Phantoms in the Brain - V. S. Ramachandran 2005

USING A SERIES OF CASE STUDIES, 'PHANTOMS IN THE BRAIN' INTRODUCES A STRANGE AND UNEXPLORED MENTAL WORLD. RAMACHANDRAN, THROUGH HIS RESEARCH INTO BRAIN DAMAGE, HAS DISCOVERED THAT THE BRAIN CAN REACT IN STRANGE WAYS TO MAJOR PHYSICAL CHANGES.

Seven and a Half Lessons About the Brain - Lisa Feldman Barrett 2021-03-04

'HIGHLY ACCESSIBLE, CONTENT-RICH AND EMINENTLY READABLE . . . FASCINATING AND INFORMATIVE . . . POPULAR SCIENCE AT ITS BEST.' - THE OBSERVER 'SUBTLY RADICAL . . . IT PRESENTS A REVELATORY MODEL OF CONSCIOUSNESS THAT WILL BE COMPLETELY NEW TO MOST READERS' - THE GUARDIAN 'BEST READS FOR SUMMER' HAVE YOU EVER WONDERED WHY YOU HAVE A BRAIN? LET RENOWNED NEUROSCIENTIST LISA FELDMAN BARRETT, BESTSELLING AUTHOR OF *HOW EMOTIONS ARE MADE*, DEMYSTIFY THAT BIG GREY BLOB BETWEEN YOUR EARS . . . IN SEVEN SHORT CHAPTERS (PLUS A BRIEF HISTORY OF HOW BRAINS EVOLVED), THIS SLIM, ENTERTAINING, AND ACCESSIBLE BOOK REVEALS MIND-EXPANDING LESSONS FROM THE FRONT LINES OF NEUROSCIENCE RESEARCH. YOU'LL LEARN WHERE BRAINS CAME FROM, HOW THEY'RE STRUCTURED (AND WHY IT MATTERS), AND HOW YOURS WORKS IN TANDEM WITH OTHER BRAINS TO CREATE EVERYTHING YOU EXPERIENCE. ALONG THE WAY, YOU'LL ALSO LEARN TO DISMISS POPULAR MYTHS SUCH AS THE IDEA OF A 'LIZARD BRAIN' AND THE ALLEGED BATTLE BETWEEN THOUGHTS AND EMOTIONS, OR EVEN BETWEEN NATURE AND NURTURE, TO DETERMINE YOUR BEHAVIOUR. SURE TO INTRIGUE CASUAL READERS AND SCIENTIFIC VETERANS ALIKE, **SEVEN AND A HALF LESSONS ABOUT THE BRAIN** IS FULL OF

SURPRISES, HUMOUR, AND IMPORTANT IMPLICATIONS FOR HUMAN NATURE - A GIFT OF A BOOK ABOUT OUR MOST COMPLEX AND CRUCIAL ORGAN.

NEUROSCIENCE AND PHILOSOPHY - M. R. BENNETT 2007

THREE PROMINENT PHILOSOPHERS AND A LEADING NEUROSCIENTIST ENGAGE IN A LIVELY, OFTEN CONTENTIOUS DEBATE ABOUT COGNITIVE NEUROSCIENCE AND PHILOSOPHY AND THE RELATIONSHIPS AMONG BRAIN, MIND, AND PERSON.

THE ACCIDENTAL MIND - DAVID J. LINDEN 2012-10-01

YOU'VE PROBABLY SEEN IT BEFORE: A HUMAN BRAIN DRAMATICALLY LIT FROM THE SIDE, THE CAMERA CIRCLING IT LIKE A HELICOPTER SHOT OF STONEHENGE, AND A MODULATED BARITONE VOICE EXALTING THE BRAIN'S ELEGANT DESIGN IN REVERENT TONES. TO WHICH THIS BOOK SAYS: PURE NONSENSE. IN A WORK AT ONCE DEEPLY LEARNED AND WONDERFULLY ACCESSIBLE, THE NEUROSCIENTIST DAVID LINDEN COUNTERS THE WIDESPREAD ASSUMPTION THAT THE BRAIN IS A PARAGON OF DESIGN--AND IN ITS PLACE GIVES US A COMPELLING EXPLANATION OF HOW THE BRAIN'S SERENDIPITOUS EVOLUTION HAS RESULTED IN NOTHING SHORT OF OUR HUMANITY. A GUIDE TO THE STRANGE AND OFTEN ILLOGICAL WORLD OF NEURAL FUNCTION, THE ACCIDENTAL MIND SHOWS HOW THE BRAIN IS NOT AN OPTIMIZED, GENERAL-PURPOSE PROBLEM-SOLVING MACHINE, BUT RATHER A WEIRD AGGLOMERATION OF AD-HOC SOLUTIONS THAT HAVE BEEN PILED ON THROUGH MILLIONS OF YEARS OF EVOLUTIONARY HISTORY. MOREOVER, LINDEN TELLS US HOW THE CONSTRAINTS OF EVOLVED BRAIN DESIGN HAVE ULTIMATELY LED TO ALMOST EVERY TRANSCENDENT HUMAN FOIBLE: OUR LONG CHILDHOODS, OUR EXTENSIVE MEMORY CAPACITY, OUR SEARCH FOR LOVE AND LONG-TERM RELATIONSHIPS, OUR NEED TO CREATE COMPELLING NARRATIVE, AND, ULTIMATELY, THE UNIVERSAL CULTURAL IMPULSE TO CREATE BOTH RELIGIOUS AND SCIENTIFIC EXPLANATIONS. WITH FORAYS INTO EVOLUTIONARY BIOLOGY, THIS ANALYSIS OF MENTAL FUNCTION ANSWERS SOME OF OUR MOST COMMON QUESTIONS ABOUT HOW WE'VE COME TO BE WHO WE ARE.

YOUR MONEY AND YOUR BRAIN - JASON ZWEIG 2007-09-04

DRAWING ON THE LATEST SCIENTIFIC RESEARCH, JASON ZWEIG SHOWS WHAT HAPPENS IN YOUR BRAIN WHEN YOU THINK ABOUT MONEY AND TELLS INVESTORS HOW TO TAKE PRACTICAL, SIMPLE STEPS TO AVOID COMMON MISTAKES AND BECOME MORE SUCCESSFUL. WHAT HAPPENS INSIDE OUR BRAINS WHEN WE THINK ABOUT MONEY? QUITE A LOT, ACTUALLY, AND SOME OF IT ISN'T GOOD FOR OUR FINANCIAL HEALTH. IN YOUR MONEY AND YOUR BRAIN, JASON ZWEIG EXPLAINS WHY SMART PEOPLE MAKE STUPID FINANCIAL DECISIONS--AND WHAT THEY CAN DO TO AVOID THESE MISTAKES. ZWEIG, A VETERAN FINANCIAL JOURNALIST, DRAWS ON THE LATEST RESEARCH IN NEUROECONOMICS, A FASCINATING NEW DISCIPLINE THAT COMBINES PSYCHOLOGY, NEUROSCIENCE, AND ECONOMICS TO BETTER UNDERSTAND FINANCIAL DECISION MAKING. HE SHOWS WHY WE OFTEN MISUNDERSTAND RISK AND WHY WE TEND TO BE OVERCONFIDENT ABOUT OUR INVESTMENT DECISIONS. YOUR MONEY AND YOUR BRAIN OFFERS SOME RADICAL NEW INSIGHTS INTO INVESTING AND SHOWS INVESTORS HOW TO TAKE CONTROL OF THE BATTLEFIELD BETWEEN REASON AND EMOTION. YOUR MONEY AND YOUR BRAIN IS AS ENTERTAINING AS IT IS ENLIGHTENING. IN THE COURSE OF HIS RESEARCH, ZWEIG VISITED LEADING NEUROSCIENCE LABORATORIES AND SUBJECTED HIMSELF TO NUMEROUS EXPERIMENTS. HE BLENDS ANECDOTES FROM THESE EXPERIENCES WITH STORIES ABOUT INVESTING MISTAKES, INCLUDING CONFESSIONS OF STUPIDITY FROM SOME HIGHLY SUCCESSFUL PEOPLE. THEN HE DRAWS LESSONS AND OFFERS ORIGINAL PRACTICAL STEPS THAT INVESTORS CAN TAKE TO MAKE WISER DECISIONS. ANYONE WHO HAS EVER LOOKED BACK ON A FINANCIAL DECISION AND SAID, "HOW COULD I HAVE BEEN SO STUPID?" WILL BENEFIT FROM READING THIS BOOK.

SOCIAL - MATTHEW D. LIEBERMAN 2013-10-08

WE ARE PROFOUNDLY SOCIAL CREATURES--MORE THAN WE KNOW. IN SOCIAL, RENOWNED PSYCHOLOGIST MATTHEW LIEBERMAN EXPLORES GROUNDBREAKING RESEARCH IN SOCIAL NEUROSCIENCE REVEALING THAT OUR NEED TO CONNECT WITH OTHER PEOPLE IS EVEN MORE FUNDAMENTAL, MORE BASIC, THAN OUR NEED FOR FOOD OR SHELTER. BECAUSE OF THIS, OUR BRAIN USES ITS SPARE TIME TO LEARN ABOUT THE SOCIAL WORLD--OTHER PEOPLE AND OUR RELATION TO THEM. IT IS BELIEVED THAT WE MUST COMMIT 10,000 HOURS TO MASTER A SKILL. ACCORDING TO LIEBERMAN, EACH OF US HAS SPENT 10,000 HOURS LEARNING TO MAKE SENSE OF PEOPLE AND GROUPS BY THE TIME WE ARE TEN. SOCIAL ARGUES THAT OUR NEED TO REACH OUT TO AND CONNECT WITH OTHERS IS A PRIMARY DRIVER BEHIND OUR BEHAVIOR. WE BELIEVE THAT PAIN AND PLEASURE ALONE GUIDE OUR ACTIONS. YET, NEW RESEARCH USING fMRI--INCLUDING A GREAT DEAL OF ORIGINAL RESEARCH CONDUCTED BY LIEBERMAN AND HIS UCLA LAB--SHOWS THAT OUR BRAINS REACT TO SOCIAL PAIN AND PLEASURE IN MUCH THE SAME WAY AS THEY DO TO PHYSICAL PAIN AND PLEASURE. FORTUNATELY, THE BRAIN HAS EVOLVED SOPHISTICATED MECHANISMS FOR SECURING OUR PLACE IN THE SOCIAL WORLD. WE HAVE A UNIQUE ABILITY TO READ OTHER PEOPLE'S MINDS, TO FIGURE OUT THEIR HOPES, FEARS, AND MOTIVATIONS, ALLOWING US TO EFFECTIVELY COORDINATE OUR LIVES WITH ONE ANOTHER. AND OUR MOST PRIVATE SENSE OF WHO WE ARE IS INTIMATELY LINKED TO THE IMPORTANT PEOPLE AND GROUPS IN OUR LIVES. THIS WIRING OFTEN LEADS US TO RESTRAIN OUR SELFISH IMPULSES FOR THE GREATER GOOD. THESE MECHANISMS LEAD TO BEHAVIOR THAT MIGHT SEEM IRRATIONAL, BUT IS REALLY JUST THE RESULT OF OUR DEEP SOCIAL WIRING AND NECESSARY FOR OUR SUCCESS AS A SPECIES. BASED ON THE LATEST CUTTING EDGE RESEARCH, THE FINDINGS IN SOCIAL HAVE IMPORTANT REAL-WORLD IMPLICATIONS. OUR SCHOOLS AND BUSINESSES, FOR EXAMPLE, ATTEMPT TO MINIMIZE SOCIAL DISTRACTIONS. BUT THIS IS EXACTLY THE WRONG THING TO DO TO ENCOURAGE ENGAGEMENT AND LEARNING, AND LITERALLY SHUTS DOWN THE SOCIAL BRAIN, LEAVING POWERFUL NEURO-COGNITIVE RESOURCES UNTAPPED. THE INSIGHTS REVEALED IN THIS PIONEERING BOOK SUGGEST WAYS TO IMPROVE LEARNING IN SCHOOLS, MAKE THE WORKPLACE MORE PRODUCTIVE, AND IMPROVE OUR OVERALL WELL-BEING.

THE HAPPY BRAIN - DEAN BURNETT 2018-05-01

'FUNNY, WISE AND ABSOLUTELY FASCINATING.' ADAM KAY, AUTHOR OF THIS IS GOING TO HURT *** DO YOU WANT TO BE HAPPY? IF SO - READ ON. THIS BOOK HAS ALL THE ANSWERS* IN THE HAPPY BRAIN, NEUROSCIENTIST DEAN BURNETT DELVES DEEP INTO THE INNER WORKINGS OF OUR MINDS TO EXPLORE SOME FUNDAMENTAL QUESTIONS ABOUT HAPPINESS. WHAT DOES IT ACTUALLY MEAN TO BE HAPPY? WHERE DOES IT COME FROM? AND WHAT, REALLY, IS THE POINT OF IT? FORGET SEARCHING FOR THE SECRET OF HAPPINESS THROUGH LIFESTYLE FADS OR COD PHILOSOPHY - BURNETT REVEALS THE OFTEN SURPRISING TRUTH BEHIND WHAT MAKE US TICK. FROM WHETHER HAPPINESS REALLY BEGINS AT HOME (SPOILER ALERT: YES - SORT OF) TO WHAT LOVE, SEX, FRIENDSHIP, WEALTH, LAUGHTER AND SUCCESS ACTUALLY DO TO OUR BRAINS, THIS BOOK OFFERS A UNIQUELY ENTERTAINING

INSIGHT INTO WHAT IT MEANS TO BE HUMAN. *NOT REALLY. SORRY. BUT IT DOES HAVE SOME VERY INTERESTING QUESTIONS, AND AT LEAST THE OCCASIONAL ANSWER.

YOUR BRAIN, EXPLAINED - MARC DINGMAN 2019-09-19

SLEEP. MEMORY. PLEASURE. FEAR. LANGUAGE. WE EXPERIENCE THESE THINGS ALMOST EVERY DAY, BUT HOW DO OUR BRAINS CREATE THEM? YOUR BRAIN, EXPLAINED IS A PERSONAL TOUR AROUND YOUR GRAY MATTER. NEUROSCIENTIST MARC DINGMAN GIVES YOU A CRASH COURSE IN WHAT GOES ON IN YOUR BRAIN AND EXPLAINS THE LATEST RESEARCH ON THE BRAIN FUNCTIONS (AND MALFUNCTIONS) THAT AFFECT YOU ON A DAILY BASIS. YOU'LL ALSO DISCOVER WHAT HAPPENS WHEN THESE SYSTEMS DON'T WORK THE WAY THEY SHOULD, CAUSING PROBLEMS SUCH AS INSOMNIA, ADHD, DEPRESSION OR ADDICTION, HOW NEUROSCIENCE IS WORKING TO FIX THESE PROBLEMS, AND HOW YOU CAN BUILD UP YOUR DEFENCES AGAINST THE MOST COMMON FAULTS OF THE MIND. ALONG THE WAY YOU'LL FIND OUT: 'WHY BRAIN TRAINING GAMES DON'T PREVENT DEMENTIA (AND WHAT DOES)' 'WHAT IT'S LIKE TO REMEMBER EVERY DAY OF YOUR LIFE AS IF IT WERE YESTERDAY' 'WHICH MENTAL AILMENT USED TO BE TREATED WITH GERMAN ROCKET FUEL' 'WHAT TRIGGERS SLEEP LOSS, OR LAPSES IN CONCENTRATION' DRAWING ON THE AUTHOR'S POPULAR YOUTUBE SERIES, 2-MINUTE NEUROSCIENCE, THIS IS A FRIENDLY, ENGAGING INTRODUCTION TO THE HUMAN BRAIN AND ITS QUIRKS FROM THE PERSPECTIVE OF A NEUROSCIENTIST - USING EYE-OPENING ILLUSTRATIONS AND REAL-LIFE EXAMPLES. YOUR BRAIN IS YOURS TO DISCOVER.

THE IDIOT BRAIN - DEAN BURNETT 2016-02-16

WHY DO YOU LOSE ARGUMENTS WITH PEOPLE WHO KNOW MUCH LESS THAN YOU? WHY CAN YOU RECOGNISE THAT WOMAN, FROM THAT THING... BUT CAN'T REMEMBER HER NAME? AND WHY, AFTER YOUR LAST BREAK-UP, DID YOU FIND YOURSELF IN THE FOETAL POSITION ON THE SOFA FOR DAYS, MOVING ONLY TO WIPE THE SNOT AND TEARS HAPHAZARDLY FROM YOUR FACE? HERE'S WHY: THE IDIOT BRAIN. FOR SOMETHING SUPPOSEDLY SO BRILLIANT AND EVOLUTIONARILY ADVANCED, THE HUMAN BRAIN IS PRETTY MESSY, FALLIBLE AND DISORGANISED. FOR EXAMPLE, DID YOU KNOW THAT YOUR MEMORY IS EGOTISTICAL? THAT CONSPIRACY THEORIES AND SUPERSTITIONS ARE THE INEVITABLE EFFECTS OF A HEALTHY BRAIN? OR THAT ALCOHOL CAN ACTUALLY IMPROVE YOUR MEMORY?*** IN THE IDIOT BRAIN, NEUROSCIENTIST DEAN BURNETT TOURS OUR MYSTERIOUS AND MISCHIEVOUS GREY (AND WHITE) MATTER. ALONG THE WAY HE EXPLAINS THE HUMAN BRAIN'S IMPERFECTIONS IN ALL THEIR GLORY AND HOW THESE INFLUENCE EVERYTHING WE SAY, DO AND EXPERIENCE. EXPERTLY RESEARCHED AND ENTERTAININGLY WRITTEN, THIS BOOK IS FOR ANYONE WHO HAS WONDERED WHY THEIR BRAIN APPEARS TO BE SABOTAGING THEIR LIFE, AND WHAT ON EARTH IT IS REALLY UP TO. **EDITOR'S NOTE: PLEASE READ THE BOOK BEFORE TESTING THIS CONCLUSION.

HOW THE BRAIN WORKS - DK 2020-03-05

ARE MEN'S AND WOMEN'S BRAINS REALLY DIFFERENT? WHY ARE TEENAGERS IMPULSIVE AND REBELLIOUS? AND WILL IT SOON BE POSSIBLE TO LINK OUR BRAINS TOGETHER VIA THE CLOUD? DRAWING ON THE LATEST NEUROSCIENCE RESEARCH, THIS VISUAL GUIDE MAKES THE HIDDEN WORKINGS OF THE HUMAN BRAIN SIMPLE TO UNDERSTAND. HOW THE BRAIN WORKS BEGINS WITH AN INTRODUCTION TO THE BRAIN'S ANATOMY, SHOWING YOU HOW TO TELL YOUR MOTOR CORTEX FROM YOUR MIRROR NEURONS. IT MOVES ON TO FUNCTION, EXPLAINING HOW THE BRAIN WORKS CONSTANTLY AND UNNOTICED TO REGULATE HEARTBEAT AND BREATHING, AND HOW IT COLLECTS INFORMATION TO PRODUCE THE EXPERIENCES OF SIGHT, SOUND, SMELL, TASTE, AND TOUCH. THE CHAPTERS THAT FOLLOW COVER MEMORY AND LEARNING, CONSCIOUSNESS AND PERSONALITY, AND EMOTIONS AND COMMUNICATION. THERE'S ALSO A GUIDE TO THE BRAIN'S DISORDERS, INCLUDING PHYSICAL PROBLEMS, SUCH AS TUMOURS AND STROKES, AND PSYCHOLOGICAL AND FUNCTIONAL DISORDERS, RANGING FROM AUTISM TO SCHIZOPHRENIA. ILLUSTRATED WITH BOLD GRAPHICS AND STEP-BY-STEP ARTWORKS, AND PEPPERED WITH BITE-SIZED FACTOIDS AND QUESTION-AND-ANSWER FEATURES, THIS IS THE PERFECT INTRODUCTION TO THE FASCINATING WORLD OF THE HUMAN BRAIN.

THE COMPLETE IDIOT'S GUIDE TO UNDERSTANDING THE BRAIN - ARTHUR BARD 2002-07-01

YOU'RE NO IDIOT, OF COURSE. YOU KNOW YOUR OWN MIND, BUT WHEN IT COMES TO UNDERSTANDING WHAT'S REALLY GOING ON IN YOUR HEAD - ALL THOSE SYNAPSES, ALL THOSE NEURONES - YOU FEEL LIKE YOU'RE JUST ABOUT BRAIN-DEAD! DON'T LET IT UNNERVE YOU! 'THE COMPLETE IDIOT'S GUIDE TO UNDERSTANDING THE BRAIN' PROVES THAT YOU DON'T NEED TO BE A GENIUS TO BE IN THE KNOW, AND GIVES YOU LOTS OF FUN STUFF TO THINK ABOUT, TOO. IN THIS 'COMPLETE IDIOT'S GUIDE', YOU GET: -THE HISTORY OF HUMAN KNOWLEDGE OF THE BRAIN. -INSIGHTS INTO WHAT CAUSES BRAIN DISORDERS AND HOW BEST TO TREAT THEM. -THOUGHTFUL TIPS ABOUT THE MANY DIFFERENT WAYS WE LEARN NEW INFORMATION.

MEMOIRS OF AN ADDICTED BRAIN - MARC LEWIS 2012-03-06

MARC LEWIS'S RELATIONSHIP WITH DRUGS BEGAN IN A NEW ENGLAND BOARDING SCHOOL WHERE, AS A BULLIED AND HOMESICK FIFTEEN-YEAR-OLD, HE MADE BRIEF ESCAPES FROM REALITY BY WAY OF COUGH MEDICINE, ALCOHOL, AND MARIJUANA. IN BERKELEY, CALIFORNIA, IN ITS HIPPIE HEYDAY, HE FOUND METHAMPHETAMINE AND LSD AND HEROIN. HE SNIFFED NITROUS OXIDE IN MALAYSIA AND FREQUENTED CALCUTTA'S OPIUM DENS. ULTIMATELY, THOUGH, HIS JOURNEY TOOK HIM WHERE IT TAKES MOST ADDICTS: INTO A LIFE OF ADDICTION, DESPERATION, DECEPTION, AND CRIME. BUT UNLIKE MOST ADDICTS, LEWIS RECOVERED AND BECAME A DEVELOPMENTAL PSYCHOLOGIST AND RESEARCHER IN NEUROSCIENCE. IN MEMOIRS OF AN ADDICTED BRAIN, HE APPLIES HIS PROFESSIONAL EXPERTISE TO A STUDY OF HIS FORMER SELF, USING THE STORY OF HIS OWN JOURNEY THROUGH ADDICTION TO TELL THE UNIVERSAL STORY OF ADDICTIONS OF EVERY KIND. HE EXPLAINS THE NEUROLOGICAL EFFECTS OF A VARIETY OF POWERFUL DRUGS, AND SHOWS HOW THEY SPEAK TO THE BRAIN -- ITSELF DESIGNED TO SEEK REWARDS AND SOOTHE THE PAIN -- IN ITS OWN LANGUAGE. AND HE ILLUMINATES HOW CRAVING OVERTAKES THE NERVOUS SYSTEM, SCULPTING A SYNAPTIC NETWORK DEDICATED TO ONE GOAL -- MORE -- AT THE EXPENSE OF EVERYTHING ELSE.

NEUROEXISTENTIALISM - GREGG D. CARUSO 2018

EXISTENTIALISM IS A CONCERN ABOUT THE FOUNDATION OF MEANING, MORALS, AND PURPOSE. EXISTENTIALISMS ARISE WHEN SOME FOUNDATION FOR THESE ELEMENTS OF BEING IS UNDER ASSAULT. IN THE PAST, FIRST-WAVE EXISTENTIALISM CONCERNED THE INCREASINGLY APPARENT INABILITY OF RELIGION AND RELIGIOUS TRADITION TO PROVIDE SUCH A FOUNDATION, AS TYPIFIED IN THE WRITINGS OF KIERKEGAARD, DOSTOEVSKY, AND NIETZSCHE. SECOND-WAVE EXISTENTIALISM, PERSONIFIED PHILOSOPHICALLY BY SARTRE, CAMUS, AND DE

BEAUVOIR, DEVELOPED IN RESPONSE TO THE INABILITY OF AN OVERLY OPTIMISTIC ENLIGHTENMENT VISION OF REASON AND THE COMMON GOOD TO PROVIDE SUCH A FOUNDATION. THERE IS A THIRD-WAVE EXISTENTIALISM, A NEW EXISTENTIALISM, DEVELOPING IN RESPONSE TO ADVANCES IN THE NEUROSCIENCES THAT THREATEN THE LAST VESTIGES OF AN IMMATERIAL SOUL OR SELF. WITH THE INCREASING EXPLANATORY AND THERAPEUTIC POWER OF NEUROSCIENCE, THE MIND NO LONGER STANDS APART FROM THE WORLD TO SERVE AS A FOUNDATION OF MEANING. THIS PRODUCES FOUNDATIONAL ANXIETY. THIS COLLECTION OF NEW ESSAYS EXPLORES THE ANXIETY CAUSED BY THIS THIRD-WAVE EXISTENTIALISM AND SOME RESPONSES TO IT. IT BRINGS TOGETHER SOME OF THE WORLD'S LEADING PHILOSOPHERS, NEUROSCIENTISTS, COGNITIVE SCIENTISTS, AND LEGAL SCHOLARS TO TACKLE OUR NEUROEXISTENTIALIST PREDICAMENT AND EXPLORE WHAT THE MIND SCIENCES CAN TELL US ABOUT MORALITY, LOVE, EMOTION, AUTONOMY, CONSCIOUSNESS, SELFHOOD, FREE WILL, MORAL RESPONSIBILITY, LAW, THE NATURE OF CRIMINAL PUNISHMENT, MEANING IN LIFE, AND PURPOSE.

THE ORIGIN OF CONSCIOUSNESS IN THE BREAKDOWN OF THE BICAMERAL MIND - JULIAN JAYNES 2000-08-15

NATIONAL BOOK AWARD FINALIST: "THIS MAN'S IDEAS MAY BE THE MOST INFLUENTIAL, NOT TO SAY CONTROVERSIAL, OF THE SECOND HALF OF THE TWENTIETH CENTURY."—COLUMBUS DISPATCH AT THE HEART OF THIS CLASSIC, SEMINAL BOOK IS JULIAN JAYNES'S STILL-CONTROVERSIAL THESIS THAT HUMAN CONSCIOUSNESS DID NOT BEGIN FAR BACK IN ANIMAL EVOLUTION BUT INSTEAD IS A LEARNED PROCESS THAT CAME ABOUT ONLY THREE THOUSAND YEARS AGO AND IS STILL DEVELOPING. THE IMPLICATIONS OF THIS REVOLUTIONARY SCIENTIFIC PARADIGM EXTEND INTO VIRTUALLY EVERY ASPECT OF OUR PSYCHOLOGY, OUR HISTORY AND CULTURE, OUR RELIGION—AND INDEED OUR FUTURE. "DON'T BE PUT OFF BY THE ACADEMIC TITLE OF JULIAN JAYNES'S THE ORIGIN OF CONSCIOUSNESS IN THE BREAKDOWN OF THE BICAMERAL MIND. ITS PROSE IS ALWAYS LUCID AND OFTEN LYRICAL...HE UNFOLDS HIS CASE WITH THE UTMOST INTELLECTUAL RIGOR."—THE NEW YORK TIMES "WHEN JULIAN JAYNES . . . SPECULATES THAT UNTIL LATE IN THE TWENTIETH MILLENNIUM BC MEN HAD NO CONSCIOUSNESS BUT WERE AUTOMATICALLY OBEYING THE VOICES OF THE GODS, WE ARE ASTOUNDED BUT COMPELLED TO FOLLOW THIS REMARKABLE THESIS."—JOHN UPDIKE, THE NEW YORKER "HE IS AS STARTLING AS FREUD WAS IN THE INTERPRETATION OF DREAMS, AND JAYNES IS EQUALLY AS ADEPT AT FORCING A NEW VIEW OF KNOWN HUMAN BEHAVIOR."—AMERICAN JOURNAL OF PSYCHIATRY

WHY YOUR PARENTS ARE DRIVING YOU UP THE WALL AND WHAT TO DO ABOUT IT - DEAN BURNETT 2019-08-22

'A WONDERFULLY USEFUL BOOK, TOLD WITH WIT AND WISDOM' - ADAM KAY, BEST-SELLING AUTHOR OF THIS IS GOING TO HURT "GET UP OR YOU'LL MISS THE BEST PART OF THE DAY!" "YOU TREAT THIS PLACE LIKE A HOTEL." "CAN YOU JUST PUT THAT PHONE DOWN FOR ONE MINUTE?!" AFTER YEARS OF RELIABLE PERFORMANCE, HAS SOMETHING RECENTLY GONE WRONG WITH YOUR PARENTS? DO YOU FIND YOURSELF STRESSED OUT, ARGUING ABOUT THE MOST RIDICULOUS THINGS? IS IT LIKE YOU'RE PROCESSING THE SAME WORLD WITH ENTIRELY DIFFERENT BRAINS? DO YOU AND YOUR PARENTS WANT TO FIX THINGS? THERE ARE HUNDREDS OF BOOKS FOR THEM ABOUT HOW TO DEAL WITH YOU. NOW, FOR THE FIRST TIME, DOCTOR OF BRAINS AND INTERNATIONAL BESTSELLING AUTHOR, DEAN BURNETT HAS WRITTEN A BOOK FOR YOU TO UNDERSTAND JUST WHAT ON EARTH IS GOING ON. LIKE, JUST WHY ARE YOUR PARENTS: - OBSESSED WITH TIDINESS - NOT LETTING YOU GET ENOUGH SLEEP - JUST GENERALLY NOT GETTING ANYTHING THAT'S IMPORTANT TO YOU! BUT DON'T WORRY. THESE ARE VERY NORMAL PARENT MALFUNCTIONS, AND BY UNDERSTANDING THE SCIENCE BEHIND WHERE THEY'RE COMING FROM, YOU'LL KNOW EXACTLY HOW TO TROUBLESHOOT CONFLICT WHEN IT OCCURS (AND EVEN FIX IT BEFORE IT DOES). YOU'LL NEVER BE ABLE TO REMOVE ARGUMENTS COMPLETELY. BUT IMAGINE WHAT YOU'D BE CAPABLE OF IF YOU WEREN'T WASTING ALL THAT TIME AND ENERGY ARGUING ABOUT TIDYING YOUR ROOM.

MAKING A GOOD BRAIN GREAT - DANIEL G. AMEN, M.D. 2005-10-11

DANIEL AMEN, M.D., ONE OF THE WORLD'S FOREMOST AUTHORITIES ON THE BRAIN, HAS NEWS FOR YOU: YOUR BRAIN IS INVOLVED IN EVERYTHING YOU DO—LEARN TO CARE FOR IT PROPERLY, AND YOU WILL BE SMARTER, HEALTHIER, AND HAPPIER IN AS LITTLE AS 15 DAYS! YOU PROBABLY RUN, LIFT WEIGHTS, OR DO YOGA TO KEEP YOUR BODY IN GREAT SHAPE; YOU PUT ON SUNSCREEN AND LOTIONS TO PROTECT YOUR SKIN; BUT CHANCES ARE YOU SIMPLY IGNORE YOUR BRAIN AND TRUST IT TO DO ITS JOB. PEOPLE UNKNOWINGLY ENDANGER OR INJURE THEIR BRAINS, STRESS THEM BY WORKING AT A FRENZIED PACE AND NOT GETTING ENOUGH SLEEP, POLLUTE THEM WITH CAFFEINE, ALCOHOL, AND DRUGS, AND DEPRIVE THEM OF PROPER NUTRIENTS. BRAIN DYSFUNCTION IS THE NUMBER ONE REASON PEOPLE FAIL AT SCHOOL, WORK, AND RELATIONSHIPS. THE BRAIN IS THE ORGAN OF LEARNING, WORKING, AND LOVING—THE SUPERCOMPUTER THAT RUNS OUR LIVES. IT'S VERY SIMPLE: WHEN OUR BRAINS WORK RIGHT, WE WORK RIGHT—AND WHEN OUR BRAINS HAVE TROUBLE, WE HAVE TROUBLE IN OUR LIVES. LUCKILY, IT'S NEVER TOO LATE: THE BRAIN IS CAPABLE OF CHANGE, AND WHEN YOU CARE FOR IT, THE RESULTS ARE AMAZING. MAKING A GOOD BRAIN GREAT GIVES YOU THE TOOLS YOU NEED TO OPTIMIZE YOUR BRAIN POWER AND ENRICH YOUR HEALTH AND YOUR LIFE IN THE PROCESS. THE PRINCIPLES AND EXERCISES IN THIS BOOK, BASED ON YEARS OF CUTTING-EDGE NEUROSCIENCE RESEARCH AND THE EXPERIENCES OF THOUSANDS OF PEOPLE, PROVIDE A WEALTH OF PRACTICAL INFORMATION TO TEACH YOU HOW TO ACHIEVE THE BEST BRAIN POSSIBLE. YOU WILL LEARN: *HOW TO EAT RIGHT TO THINK RIGHT *HOW TO PROTECT YOUR BRAIN FROM INJURIES AND TOXIC SUBSTANCES *HOW TO NOURISH YOUR BRAIN WITH VITAMINS AND DO MENTAL WORKOUTS TO KEEP IT STRONG *THE CRITICAL COMPONENT OF PHYSICAL EXERCISE, AND WHICH KINDS WORK BEST *HOW TO RID YOUR BRAIN OF NEGATIVE THOUGHTS, COUNTERACT STRESS, AND MUCH MORE FULL OF ENCOURAGING ANECDOTES FROM DR. AMEN'S MANY YEARS OF EXPERIENCE, MAKING A GOOD BRAIN GREAT IS A POSITIVE AND PRACTICAL ROAD MAP FOR ENRICHING AND IMPROVING YOUR OWN GREATEST ASSET—YOUR BRAIN.

ADVENTURES IN THE ANTHROPOCENE - GAIA VINCE 2014-07-03

** WINNER OF ROYAL SOCIETY WINTON PRIZE FOR SCIENCE BOOKS 2015 ** WE LIVE IN EPOCH-MAKING TIMES. THE CHANGES WE HUMANS HAVE MADE IN RECENT DECADES HAVE ALTERED OUR WORLD BEYOND ANYTHING IT HAS EXPERIENCED IN ITS 4.6 BILLION-YEAR HISTORY. AS A RESULT, OUR PLANET IS SAID TO BE CROSSING INTO THE ANTHROPOCENE – THE AGE OF HUMANS. GAIA VINCE DECIDED TO TRAVEL THE WORLD AT THE START OF THIS NEW AGE TO SEE WHAT LIFE IS REALLY LIKE FOR THE PEOPLE ON THE FRONTLINE OF THE

PLANET WE'VE MADE. FROM ARTIFICIAL GLACIERS IN THE HIMALAYAS TO PAINTED MOUNTAINS IN PERU, ELECTRIFIED REEFS IN THE MALDIVES TO GARBAGE ISLANDS IN THE CARIBBEAN, GAIA FOUND PEOPLE DOING THE MOST EXTRAORDINARY THINGS TO SOLVE THE PROBLEMS THAT WE OURSELVES HAVE CREATED. THESE STORIES SHOW WHAT THE ANTHROPOCENE MEANS FOR ALL OF US – AND THEY ILLUMINATE HOW WE MIGHT ENGINEER EARTH FOR OUR FUTURE.

PSYCHO-LOGICAL - DEAN BURNETT 2021-02-02

'COMPELLING AND WISE AND RATIONAL.' - JON RONSON ONE IN FOUR OF US EXPERIENCE A MENTAL HEALTH PROBLEM EACH YEAR, WITH ANXIETY AND DEPRESSION ALONE AFFECTING OVER 500 MILLION PEOPLE WORLDWIDE. WHY ARE THESE CONDITIONS SO WIDESPREAD? WHAT IS IT ABOUT MODERN LIFE THAT HAS SUCH AN IMPACT ON OUR MENTAL HEALTH? AND WHY IS THERE STILL SO MUCH CONFUSION AND STIGMA AROUND THESE ISSUES? IN PSYCHO-LOGICAL, NEUROSCIENTIST AND BESTSELLING AUTHOR DEAN BURNETT ANSWERS THESE QUESTIONS AND MORE, REVEALING WHAT IS ACTUALLY GOING ON IN OUR BRAINS WHEN WE SUFFER MENTAL HEALTH ISSUES SUCH AS ANXIETY, DEPRESSION AND ADDICTION. COMBINING ILLUMINATING SCIENTIFIC RESEARCH WITH FIRST-HAND INSIGHTS FROM PEOPLE WHO DEAL WITH MENTAL HEALTH PROBLEMS ON A DAILY BASIS, THIS IS AN HONEST, ENTERTAINING AND REASSURING ACCOUNT OF HOW AND WHY THESE ISSUES OCCUR, AND HOW TO MAKE SENSE OF THEM.

THE UPWARD SPIRAL - ALEX KORB 2015-03-01

DEPRESSION CAN FEEL LIKE A DOWNWARD SPIRAL, PULLING YOU INTO A VORTEX OF SADNESS, FATIGUE, AND APATHY. IN THE UPWARD SPIRAL, NEUROSCIENTIST ALEX KORB DEMYSTIFIES THE INTRICATE BRAIN PROCESSES THAT CAUSE DEPRESSION AND OFFERS A PRACTICAL AND EFFECTIVE APPROACH TO GETTING BETTER. BASED ON THE LATEST RESEARCH IN NEUROSCIENCE, THIS BOOK PROVIDES DOZENS OF STRAIGHTFORWARD TIPS YOU CAN DO EVERY DAY TO REWIRE YOUR BRAIN AND CREATE AN UPWARD SPIRAL TOWARDS A HAPPIER, HEALTHIER LIFE. WHETHER YOU SUFFER FROM DEPRESSION OR JUST WANT A BETTER UNDERSTANDING OF THE BRAIN, THIS BOOK OFFERS AN ENGAGING AND INFORMATIVE LOOK AT THE NEUROSCIENCE BEHIND OUR EMOTIONS, THOUGHTS, AND ACTIONS. THE TRUTH IS THAT THERE ISN'T ONE BIG SOLUTION TO DEPRESSION, BUT THERE ARE NUMEROUS SIMPLE STEPS YOU CAN TAKE TO ALTER BRAIN ACTIVITY AND CHEMISTRY. SOME ARE AS EASY AS RELAXING CERTAIN MUSCLES TO REDUCE ANXIETY, OR GETTING MORE SUNLIGHT TO IMPROVE YOUR MOOD. SMALL STEPS IN THE RIGHT DIRECTION CAN HAVE PROFOUND EFFECTS—GIVING YOU THE POWER TO BECOME YOUR BEST SELF AS YOU LITERALLY RESHAPE YOUR BRAIN, ONE SMALL CHANGE AT A TIME.

THE NEUROLOGY OF RELIGION - ALASDAIR COLES 2019-11-07

EXAMINES WHAT CAN BE LEARNT ABOUT THE BRAIN MECHANISMS UNDERLYING RELIGIOUS PRACTICE FROM STUDYING PEOPLE WITH NEUROLOGICAL DISORDERS.

THE SHALLOWS - NICHOLAS CARR 2010-09-01

'BOLDLY REACTIONARY... WHAT LOOKS LIKE FEAST, CARR ARGUES, MAY BE CLOSER TO FAMINE' SUNDAY TIMES 'CHILLING' THE ECONOMIST IN THIS GROUND-BREAKING AND COMPELLING BOOK, NICHOLAS CARR ARGUES THAT NOT SINCE GUTENBERG INVENTED PRINTING HAS HUMANITY BEEN EXPOSED TO SUCH A MIND-ALTERING TECHNOLOGY. THE SHALLOWS DRAWS ON THE LATEST RESEARCH TO SHOW THAT THE NET IS LITERALLY RE-WIRING OUR BRAINS INDUCING ONLY SUPERFICIAL UNDERSTANDING. AS A CONSEQUENCE THERE ARE PROFOUND CHANGES IN THE WAY WE LIVE AND COMMUNICATE, REMEMBER AND SOCIALISE – EVEN IN OUR VERY CONCEPTION OF OURSELVES. BY MOVING FROM THE DEPTHS OF THOUGHT TO THE SHALLOWS OF DISTRACTION, THE WEB, IT SEEMS, IS ACTUALLY FOSTERING IGNORANCE. THE SHALLOWS IS NOT A MANIFESTO FOR LUDDITES, NOR DOES IT SEEK TO TURN BACK THE CLOCK. RATHER IT IS A REVELATORY REMINDER OF HOW FAR THE INTERNET HAS BECOME ENMESHED IN OUR DAILY EXISTENCE AND IS AFFECTING THE WAY WE THINK. THIS LANDMARK BOOK COMPELS US ALL TO LOOK ANEW AT OUR DEPENDENCE ON THIS ALL-PERVASIVE TECHNOLOGY. THIS 10TH-ANNIVERSARY EDITION INCLUDES A NEW AFTERWORD THAT BRINGS THE STORY UP TO DATE, WITH A DEEP EXAMINATION OF THE COGNITIVE AND BEHAVIOURAL EFFECTS OF SMARTPHONES AND SOCIAL MEDIA.

How Food Works - DK 2017-06-01

HOW FOOD WORKS IS YOUR OWN FRIENDLY NUTRITIONIST, ON HAND TO DEBUNK COMMON FOOD MYTHS AND GIVE YOU THE ANSWERS TO THOSE PRESSING QUESTIONS WITH EASY-TO-SWALLOW INFORMATION. TODAY'S MEDIA IS FULL OF NEW DISCOVERIES ABOUT FOOD – RED WINE IS GOOD FOR YOUR HEART, CAFFEINE WILL RAISE YOUR BLOOD PRESSURE – BUT IS THERE A BIOLOGICAL BASIS TO THESE CLAIMS? HOW FOOD WORKS REVEALS THE FACTS BEHIND YOUR FOOD, EVALUATES THE BENEFITS OF SUPERFOODS AND ANTIOXIDANTS, AND EXPLORES BEHIND-THE-SCENES OF MODERN FOOD PRODUCTION. DELVE INTO THE SCIENCE BEHIND DIETS INCLUDING GLUTEN-FREE AND VEGANISM, AS WELL AS THE BENEFITS OF DIFFERENT DIETS FROM AROUND THE WORLD. UNDERSTAND WHAT ACTUALLY MAKES FOOD ORGANIC, HOW IMPORTANT SELL-BY DATES REALLY ARE, AND HOW MUCH SALT YOU SHOULD ACTUALLY BE EATING. GET THE ANSWERS TO DOZENS MORE NIGGLING FOOD QUESTIONS IN HOW FOOD WORKS.

THE SPIKE - MARK HUMPHRIES 2023-01-24

THE STORY OF A NEURAL IMPULSE AND WHAT IT REVEALS ABOUT HOW OUR BRAINS WORK WE SEE THE LAST COOKIE IN THE BOX AND THINK, CAN I TAKE THAT? WE REACH A HAND OUT. IN THE 2.1 SECONDS THAT THIS IMPULSE TRAVELS THROUGH OUR BRAIN, BILLIONS OF NEURONS COMMUNICATE WITH ONE ANOTHER, SENDING BLIPS OF VOLTAGE THROUGH OUR SENSORY AND MOTOR REGIONS. NEUROSCIENTISTS CALL THESE BLIPS "SPIKES." SPIKES ENABLE US TO DO EVERYTHING: TALK, EAT, RUN, SEE, PLAN, AND DECIDE. IN THE SPIKE, MARK HUMPHRIES TAKES READERS ON THE EPIC JOURNEY OF A SPIKE THROUGH A SINGLE, BRIEF REACTION. IN VIVID LANGUAGE, HUMPHRIES TELLS THE STORY OF WHAT HAPPENS IN OUR BRAIN, WHAT WE KNOW ABOUT SPIKES, AND WHAT WE STILL HAVE LEFT TO UNDERSTAND ABOUT THEM. DRAWING ON DECADES OF RESEARCH IN NEUROSCIENCE, HUMPHRIES EXPLORES HOW SPIKES ARE BORN, HOW THEY ARE TRANSMITTED, AND HOW THEY LEAD US TO ACTION. HE DIVES INTO PREVIOUSLY UNANSWERED MYSTERIES: WHY ARE MOST NEURONS SILENT? WHAT CAUSES NEURONS TO FIRE SPIKES SPONTANEOUSLY, WITHOUT INPUT FROM OTHER NEURONS OR THE OUTSIDE WORLD? WHY DO MOST SPIKES FAIL TO REACH ANY DESTINATION? HUMPHRIES PRESENTS A NEW VISION OF THE BRAIN, ONE WHERE FUNDAMENTAL COMPUTATIONS ARE CARRIED OUT BY SPONTANEOUS SPIKES THAT PREDICT WHAT WILL HAPPEN IN THE WORLD, HELPING US TO PERCEIVE, DECIDE, AND REACT QUICKLY ENOUGH FOR OUR SURVIVAL. TRAVERSING NEUROSCIENCE'S EXPANSIVE TERRAIN, THE SPIKE FOLLOWS A SINGLE ELECTRICAL RESPONSE TO ILLUMINATE HOW OUR EXTRAORDINARY BRAINS WORK.

DESCARTES' ERROR - ANTONIO DAMASIO 2005-09-27

"AN AMBITIOUS AND METICULOUS FORAY INTO THE NATURE OF BEING." -- THE BOSTON GLOBE A LANDMARK EXPLORATION OF THE RELATIONSHIP BETWEEN EMOTION AND REASON SINCE DESCARTES FAMOUSLY PROCLAIMED, "I THINK, THEREFORE I AM," SCIENCE HAS OFTEN OVERLOOKED EMOTIONS AS THE SOURCE OF A PERSON'S TRUE BEING. EVEN MODERN NEUROSCIENCE HAS TENDED, UNTIL RECENTLY, TO CONCENTRATE ON THE COGNITIVE ASPECTS OF BRAIN FUNCTION, DISREGARDING EMOTIONS. THIS ATTITUDE BEGAN TO CHANGE WITH THE PUBLICATION OF DESCARTES' ERROR IN 1995. ANTONIO DAMASIO—"ONE OF THE WORLD'S LEADING NEUROLOGISTS" (THE NEW YORK TIMES)—CHALLENGED TRADITIONAL IDEAS ABOUT THE CONNECTION BETWEEN EMOTIONS AND RATIONALITY. IN THIS WONDROUSLY ENGAGING BOOK, DAMASIO TAKES THE READER ON A JOURNEY OF SCIENTIFIC DISCOVERY THROUGH A SERIES OF CASE STUDIES, DEMONSTRATING WHAT MANY OF US HAVE LONG SUSPECTED: EMOTIONS ARE NOT A LUXURY, THEY ARE ESSENTIAL TO RATIONAL THINKING AND TO NORMAL SOCIAL BEHAVIOR.

DEMISTIFYING THE BRAIN - V. SRINIVASA CHAKRAVARTHY 2018-12-07

THIS BOOK PRESENTS AN EMERGING NEW VISION OF THE BRAIN, WHICH IS ESSENTIALLY EXPRESSED IN COMPUTATIONAL TERMS, FOR NON-EXPERTS. AS SUCH, IT PRESENTS THE FUNDAMENTAL CONCEPTS OF NEUROSCIENCE IN SIMPLE LANGUAGE, WITHOUT OVERWHELMING NON-BIOLOGISTS WITH EXCESSIVE BIOLOGICAL JARGON. IN ADDITION, THE BOOK PRESENTS A NOVEL COMPUTATIONAL PERSPECTIVE ON THE BRAIN FOR BIOLOGISTS, WITHOUT RESORTING TO COMPLEX MATHEMATICAL EQUATIONS. IT ADDRESSES A COMPREHENSIVE RANGE OF TOPICS, STARTING WITH THE HISTORY OF NEUROSCIENCE, THE FUNCTION OF THE INDIVIDUAL NEURON, THE VARIOUS KINDS OF NEURAL NETWORK MODELS THAT CAN EXPLAIN DIVERSE NEURAL PHENOMENA, SENSORY-MOTOR FUNCTION, LANGUAGE, EMOTIONS, AND CONCLUDING WITH THE LATEST THEORIES ON CONSCIOUSNESS. THE BOOK OFFERS READERS A PANORAMIC INTRODUCTION TO THE "NEW BRAIN" AND A VALUABLE RESOURCE FOR INTERDISCIPLINARY RESEARCHERS LOOKING TO GATECRASH THE WORLD OF NEUROSCIENCE.

THE BRAIN - DAVID EAGLEMAN 2015-11-05

'THIS IS THE STORY OF HOW YOUR LIFE SHAPES YOUR BRAIN, AND HOW YOUR BRAIN SHAPES YOUR LIFE.' JOIN RENOWNED NEUROSCIENTIST DAVID EAGLEMAN ON A WHISTLE-STOP TOUR OF THE INNER COSMOS. IT'S A JOURNEY THAT WILL TAKE YOU INTO THE WORLD OF EXTREME SPORTS, CRIMINAL JUSTICE, GENOCIDE, BRAIN SURGERY, ROBOTICS, AND THE SEARCH FOR IMMORTALITY. ON THE WAY, AMIDST THE INFINITELY DENSE TANGLE OF BRAIN CELLS AND THEIR TRILLIONS OF CONNECTIONS, SOMETHING EMERGES THAT YOU MIGHT NOT HAVE EXPECTED TO SEE: YOU.

THE BRAIN: A USER'S MANUAL - MARCO MAGRINI 2019-03-21

"CONGRATULATIONS ON THE PURCHASE OF THIS EXCLUSIVE PRODUCT, TAILOR-MADE JUST FOR YOU. IT WILL PROVIDE YOU WITH YEARS OF CONTINUOUS EXISTENCE." SO BEGINS *THE BRAIN: A USER'S MANUAL*, MARCO MAGRINI'S FASCINATING GUIDE TO THE INNER WORKINGS OF ONE OF NATURE'S MOST MIRACULOUS BUT MISUNDERSTOOD CREATIONS: THE HUMAN BRAIN. THIS USER-FRIENDLY MANUAL OFFERS AN ACCESSIBLE GUIDE TO THE MACHINE YOU USE THE MOST, DECONSTRUCTING THE BRAIN INTO ITS CONSTITUENT PARTS AND SHOWING YOU BOTH HOW THEY FUNCTION AND HOW TO MAINTAIN THEM FOR A LONGER LIFE. CUTTING THROUGH THE NOISE OF MODERN POP PSYCHOLOGY, *THE BRAIN: A USER'S MANUAL* IS A REFRESHINGLY FACTUAL APPROACH TO SELF-HELP. WRITTEN WITH A DEFT STYLE AND WRY HUMOUR, IT OFFERS TIPS ON EVERYTHING FROM MAXIMISING PRODUCTIVITY TO RETAINING MEMORY AND BOOSTING YOUR MOOD.

IDIOT BRAIN - PERFECTION LEARNING CORPORATION 2019

LIVEWIRED - DAVID EAGLEMAN 2020-08-27

A REVOLUTIONARY NEW UNDERSTANDING OF THE HUMAN BRAIN AND ITS CHANGEABLE NATURE. THE BRAIN IS A DYNAMIC, ELECTRIC, LIVING FOREST. IT IS NOT RIGIDLY FIXED BUT INSTEAD CONSTANTLY MODIFIES ITS PATTERNS - ADJUSTING TO REMEMBER, ADAPTING TO NEW CONDITIONS, BUILDING EXPERTISE. YOUR NEURAL NETWORKS ARE NOT HARDWIRED BUT LIVEWIRED, RECONFIGURING THEIR CIRCUITRY EVERY MOMENT OF YOUR LIFE. COVERING DECADES OF RESEARCH - FROM SYNAESTHESIA TO DREAMING TO THE CREATION OF NEW SENSES - AND GROUNDBREAKING DISCOVERIES FROM EAGLEMAN'S OWN LABORATORY, *LIVEWIRED* SURFS THE LEADING EDGE OF SCIENCE TO EXPLORE THE MOST ADVANCED TECHNOLOGY EVER DISCOVERED.

ELECTRIC BRAIN - R. DOUGLAS FIELDS 2020-02-04

WHAT IS AS UNIQUE AS YOUR FINGERPRINTS AND MORE REVEALING THAN YOUR DIARY? HINT:

YOUR BODY IS EMITTING THEM RIGHT NOW AND HAS BEEN EVERY SINGLE DAY OF YOUR LIFE. BRAINWAVES. ANALYZING BRAINWAVES, THE IMPERCEPTIBLE WAVES OF ELECTRICITY SURGING ACROSS YOUR SCALP, HAS BEEN POSSIBLE FOR NEARLY A CENTURY. BUT ONLY NOW ARE NEUROSCIENTISTS BECOMING AWARE OF THE WEALTH OF INFORMATION BRAINWAVES HOLD ABOUT A PERSON'S LIFE, THOUGHTS, AND FUTURE HEALTH. FROM THE MOMENT A RECLUSIVE GERMAN DOCTOR DISCOVERED WAVES OF ELECTRICITY RADIATING FROM THE HEADS OF HIS PATIENTS IN THE 1920S, BRAINWAVES HAVE SPARKED ASTONISHMENT AND INTRIGUE, YET THE SIGNIFICANCE OF THE DISCOVERY AND ITS MOMENTOUS IMPLICATIONS HAVE BEEN POORLY UNDERSTOOD. NOW, IT IS CLEAR THAT THESE SILENT BROADCASTS CAN ACTUALLY REVEAL A STUNNING WEALTH OF INFORMATION ABOUT ANY ONE OF US. IN *ELECTRIC BRAIN*, WORLD-RENOWNED NEUROSCIENTIST AND AUTHOR R. DOUGLAS FIELDS TAKES US ON AN ENTHRALLING JOURNEY INTO THE WORLD OF BRAINWAVES, DETAILING HOW NEW BRAIN SCIENCE COULD FUNDAMENTALLY CHANGE SOCIETY, SEPARATING FACT FROM HYPERBOLE ALONG THE WAY. IN THIS EYE-OPENING AND IN-DEPTH LOOK AT THE MOST RECENT FINDINGS IN BRAIN SCIENCE, FIELDS EXPLORES GROUNDBREAKING RESEARCH THAT SHOWS BRAINWAVES CAN: • REVEAL THE TYPE OF BRAIN YOU HAVE—ITS STRENGTHS AND WEAKNESSES AND YOUR APTITUDE FOR LEARNING DIFFERENT TYPES OF INFORMATION • ALLOW SCIENTISTS TO WATCH YOUR BRAIN LEARN, GLEAN YOUR INTELLIGENCE, AND EVEN TELL HOW ADVENTUROUS YOU ARE • EXPOSE HIDDEN DYSFUNCTIONS—INCLUDING SIGNIFIERS OF MENTAL ILLNESS AND NEUROLOGICAL DISORDERS • RENDER YOUR THOUGHTS AND TRANSMIT THEM TO MACHINES AND BACK FROM MACHINES INTO YOUR BRAIN • MELD MINDS BY TELEPATHICALLY TRANSMITTING INFORMATION FROM ONE BRAIN TO ANOTHER • ENABLE INDIVIDUALS TO REWIRE THEIR OWN BRAINS AND IMPROVE COGNITIVE PERFORMANCE WRITTEN BY ONE OF THE NEUROSCIENTISTS ON THE CUTTING EDGE OF BRAINWAVE RESEARCH, *ELECTRIC BRAIN* TELLS A FASCINATING AND OBSCURE STORY OF DISCOVERY, EXPLAINS THE LATEST SCIENCE, AND LOOKS TO THE FUTURE—AND THE EXCITING POSSIBILITIES IN STORE FOR MEDICINE, TECHNOLOGY, AND OUR UNDERSTANDING OF OURSELVES.

INVENTING OURSELVES - SARAH-JAYNE BLAKEMORE 2018-03-22

WINNER OF THE 2020 BRITISH PSYCHOLOGICAL SOCIETY POPULAR SCIENCE PRIZE WINNER OF THE 2018 ROYAL SOCIETY SCIENCE BOOK PRIZE.

..... UP TO THE MINUTE BRAIN SCIENCE FROM A WORLD CLASS SCIENTIST. SARAH-JAYNE BLAKEMORE EXPLAINS HOW THE ADOLESCENT BRAIN TRANSFORMS AS IT DEVELOPS AND SHAPES THE ADULTS WE BECOME. 'BEAUTIFULLY WRITTEN WITH CLARITY, EXPERTISE AND HONESTY ABOUT THE MOST IMPORTANT SUBJECT FOR ALL OF US. I COULDN'T PUT IT DOWN.' - PROFESSOR ROBERT WINSTON DRAWING UPON HER CUTTING-EDGE RESEARCH PROFESSOR BLAKEMORE EXPLORES: • WHAT MAKES THE ADOLESCENT BRAIN DIFFERENT? • WHY DOES AN EASY CHILD BECOME A CHALLENGING TEENAGER? • WHAT DRIVES THE EXCESSIVE RISK-TAKING AND THE NEED FOR INTENSE FRIENDSHIPS COMMON TO TEENAGERS? • WHY IT IS THAT MANY MENTAL ILLNESSES - DEPRESSION, ADDICTION, SCHIZOPHRENIA - BEGIN DURING THESE FORMATIVE YEARS. AND SHE SHOWS THAT WHILE ADOLESCENCE IS A PERIOD OF VULNERABILITY, IT IS ALSO A TIME OF ENORMOUS CREATIVITY AND OPPORTUNITY.

MIND: A JOURNEY TO THE HEART OF BEING HUMAN (NORTON SERIES ON INTERPERSONAL NEUROBIOLOGY) - DANIEL J. SIEGEL 2016-10-18

A NEW YORK TIMES BESTSELLER. A SCIENTIST'S EXPLORATION INTO THE MYSTERIES OF THE HUMAN MIND. WHAT IS THE MIND? WHAT IS THE EXPERIENCE OF THE SELF TRULY MADE OF? HOW DOES THE MIND DIFFER FROM THE BRAIN? THOUGH THE MIND'S CONTENTS—ITS EMOTIONS, THOUGHTS, AND MEMORIES—ARE OFTEN DESCRIBED, THE ESSENCE OF MIND IS RARELY, IF EVER, DEFINED. IN THIS BOOK, NOTED NEUROPSYCHIATRIST AND NEW YORK TIMES BEST-SELLING AUTHOR DANIEL J. SIEGEL, MD, USES HIS CHARACTERISTIC SENSITIVITY AND INTERDISCIPLINARY BACKGROUND TO OFFER A DEFINITION OF THE MIND THAT ILLUMINATES THE HOW, WHAT, WHEN, WHERE, AND EVEN WHY OF WHO WE ARE, OF WHAT THE MIND IS, AND WHAT THE MIND'S SELF HAS THE POTENTIAL TO BECOME. *MIND* TAKES THE READER ON A DEEP PERSONAL AND SCIENTIFIC JOURNEY INTO CONSCIOUSNESS, SUBJECTIVE EXPERIENCE, AND INFORMATION PROCESSING, UNCOVERING THE MIND'S SELF-ORGANIZATIONAL PROPERTIES THAT EMERGE FROM BOTH THE BODY AND THE RELATIONSHIPS WE HAVE WITH ONE ANOTHER, AND WITH THE WORLD AROUND US. WHILE MAKING A WIDE RANGE OF SCIENCES ACCESSIBLE AND EXCITING—FROM NEUROBIOLOGY TO QUANTUM PHYSICS, ANTHROPOLOGY TO PSYCHOLOGY—THIS BOOK OFFERS AN EXPERIENCE THAT ADDRESSES SOME OF OUR MOST PRESSING PERSONAL AND GLOBAL QUESTIONS ABOUT IDENTITY, CONNECTION, AND THE CULTIVATION OF WELL-BEING IN OUR LIVES.