

Addio Tristezza Dalle Neuroscienze Un Nuovo Approccio Per Guarire Dalla Depressione Moderna

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Handbook of Sport Neuroscience and Psychophysiology - Roland Carlstedt 2018-10-09

Out of the broad arena of sport science and sport psychology, Roland A. Carlstedt presents a comprehensive collection on the neuroscience and associated psychophysiology that underlies and drives sport performance. Featuring sections ranging from the basics and foundations (anatomy and physiology) to the applied (assessment during competition, training, and mental training), *Handbook of Sport Neuroscience and Psychophysiology* is the first volume to provide students, researchers, practitioners, and coaches the latest knowledge on the brain, mind-body processes, and psychophysiological responding in the context of sport performance.

Affective Neuroscience - Jaak Panksepp 2004-09-30

Some investigators have argued that emotions, especially animal emotions, are illusory concepts outside the realm of scientific inquiry. However, with advances in neurobiology and neuroscience, researchers are demonstrating that this position is wrong as they move closer to a lasting understanding of the biology and psychology of emotion. In *Affective Neuroscience*, Jaak Panksepp provides the most up-to-date information about the brain-operating systems that organize the fundamental emotional tendencies of all mammals. Presenting complex material in a readable manner, the book offers a comprehensive summary of the fundamental neural sources of human and animal feelings, as well as a conceptual framework for studying emotional systems of the brain. Panksepp approaches emotions from the perspective of basic emotion theory but does not fail to address the complex issues raised by constructionist approaches. These issues include relations to human consciousness and the psychiatric implications of this knowledge. The book includes chapters on sleep and arousal, pleasure and fear systems, the sources of rage and anger, and the neural control of sexuality, as well as the more subtle emotions related to maternal care, social loss, and playfulness. Representing a synthetic integration of vast amounts of neurobehavioral knowledge, including relevant neuroanatomy, neurophysiology, and neurochemistry, this book will be one of the most important contributions to understanding the biology of emotions since Darwin's *The Expression of the Emotions in Man and Animals*

Affect, Imagery, Consciousness: The negative affects - Silvan Solomon Tomkins 1962

The swan - Roald Dahl 2014-07-10T00:00:00+02:00

Un racconto che commuove e toglie il fiato anche agli stomaci forti, opponendo al bullismo e alla forza brutta di due ragazzi stupidi e crudeli il riscatto della loro vittima. Peter Watson, adolescente disarmato e apparentemente più debole, sopravvivrà alla ferocia di due piccoli criminali perché è dotato di intelligenza e di insospettata forza d'animo che gli permetteranno perfino di volare lontano con le ali di un cigno... Il testo, in lingua originale, è arricchito da: • Glossari con la traduzione delle parole più interessanti o difficili; • Note su strutture della lingua, forme idiomatiche o familiari, registri espressivi, phrasal verbs...; • Reading Comprehension Exercises.

The Senses - Ellen Lupton 2018-07-24

A powerful reminder to anyone who thinks design is primarily a visual pursuit, *The Senses* accompanies a major exhibition at the Cooper-Hewitt Smithsonian Design Museum that explores how space, materials, sound, and light affect the mind and body. Learn how contemporary designers, including Petra Blaisse, Bruce Mau, Malin+Goetz and many others, engage sensory experience. Multisensory design can solve problems and enhance life for everyone, including those with sensory disabilities.

Featuring thematic essays on topics ranging from design for the table to tactile graphics, tactile sound, and visualizing the senses, this book is a call to action for multisensory design practice. *The Senses: Design Beyond Vision* is mandatory reading for students and professionals working in diverse fields, including products, interiors, graphics, interaction, sound, animation, and data visualization, or anyone seeking the widest possible understanding of design. The book, designed by David Genco with Ellen Lupton, is edited by Lupton and curator Andrea Lipps. Includes essays by Lupton, Lipps, Christopher Brosius, Hansel Bauman, Karen Kraskow, Binglei Yan, and Simon Kinnear. *Poison. Nuova Ediz.* - Roald Dahl 2020

Neuromania - Paolo Legrenzi 2011-05-12

Neuroeconomics, neuromarketing, neuroaesthetics, and neurotheology are just a few of the novel disciplines that have been inspired by a combination of ancient knowledge along with recent discoveries about how the human brain works. This fascinating and thought provoking new book critically questions our love affair with brain imaging. *Addio tristezza! Dalle neuroscienze un nuovo approccio per guarire dalla «depressione moderna»* - Michel Lejoyeux 2017

Psychoanalytic Energy Psychotherapy - Phil Mollon 2018-03-26

People like to talk. We know that talking to an attentive and thoughtful listener can be helpful in clarifying conscious and unconscious feelings, thoughts, and motivations. But is talk enough? The complex physiology of anxiety and traumatic stress reactions is often stubbornly persistent, despite therapeutic exploration in both conscious and unconscious areas of the mind. In the case of severe trauma, talking can stir up the emotions and associated bodily disturbance without providing any resolution - sometimes leaving clients feeling worse. The developing field of energy psychology offers an entirely new perspective and gamut of techniques for locating where these traumatic patterns are encoded. They are not in the mind - but in the energy system at the interface of psyche and soma. By addressing these realms concurrently, a powerful therapeutic synergy emerges that allows rapid and deep shifts in the patterns of distress that drive the psychosomatic system.

Wholeness and the Implicate Order - David Bohm 2005-07-12

David Bohm was one of the foremost scientific thinkers and philosophers of our time. Although deeply influenced by Einstein, he was also, more unusually for a scientist, inspired by mysticism. Indeed, in the 1970s and 1980s he made contact with both J. Krishnamurti and the Dalai Lama whose teachings helped shape his work. In both science and philosophy, Bohm's main concern was with understanding the nature of reality in general and of consciousness in particular. In this classic work he develops a theory of quantum physics which treats the totality of existence as an unbroken whole. Writing clearly and without technical jargon, he makes complex ideas accessible to anyone interested in the nature of reality.

Biological Psychology - Laura Freberg

The Jossey-Bass Reader on the Brain and Learning - Jossey-Bass Publishers 2014-07-30

This comprehensive reader presents an accessible overview of recent brain research and contains valuable insights into how students learn and how we should teach them. It includes articles from the top thinkers in both the brain science and K-12 education fields, such as Joseph LeDoux, Howard Gardner, Sally Shaywitz, and John Bransford. This rich and varied volume offers myriad perspectives on the brain, mind, and education, and features twenty-six chapters in seven primary areas of

interest: An overview of the brain The brain-based learning debate
Memory, cognition, and intelligence Emotional and social foundations
The arts When the brain works differently

Sadhana - Anthony De Mello 1984-09-01

Christian Exercises in Eastern Form Truly a one-of-a-kind, how-to-do-it book, this small volume responds to a very real hunger for self-awareness and holistic living. It consists of a series of spiritual exercises for entering the contemplative state -- blending psychology, spiritual therapy, and practices from both Eastern and Western traditions. Anthony de Mello offers here an unparalleled approach to inner peace that brings the whole person to prayer -- body and soul, heart and mind, memory and imagination. In forty-seven exercises that teach things such as awareness of physical sensations, stillness, healing of hurtful memories, and consciousness of self and world, de Mello succeeds in helping all who have ever experienced prayer as difficult, dull, or frustrating. The essential key, he notes, is to journey beyond mere thought-forms and discover satisfying new depths in prayer from the heart. This allows for a greater sense of awareness amid silence, and disposes the one who prays to untold riches, spiritual fulfillment, and ultimately, a mystical experience of God-centeredness. Drawing on Scripture, as well as insights from Eastern and Western spiritual masters, the author has a unique appeal that transcends time, culture, and religious background. For many years a bestseller in the English language, *Sadhana* has now been translated into more than two dozen foreign languages. Readers the world over have eagerly received this sincere spiritual leader, who has led many toward the wealth of insight and spirit that dwells within them.

Molecules of Emotion - Candace B. Pert 1997

Explains the science behind the brain's opiate receptors and other evidence of the intimate connections between mind and body, and their meaning for the future of Western medicine

Revealing the Inner Worlds of Young Children - Robert N. Emde 2003

Reports the work of a 20-year collaboration between 36 psychologists who have created and investigated a tool to elicit and analyze children's narratives. This tool is the "MacArthur Story Stem Battery", a systematic collection of story beginnings that are referred to as 'stems.'

Palliative Care in Neurology - Raymond Voltz 2004

Patients with degenerative neurological disorders are among the most handicapped patients in medicine. Many of these diseases are incurable. Expert palliative care is the duty of every neurologist: however, to date, this has not been a standard feature of neurological practice or training. This book helps define a new field, namely palliative care in neurology. It brings together all necessary information for neurologists caring for a patient with advanced disease. Palliative care is an approach to the management of patients with life-threatening illness that attempts to enhance comfort, relieve psychosocial and spiritual distress, assure respect for decision making, provide support for the family, and prepare the patient and family for the end of life. This unique book covers each of the many dimensions of palliative care as they relate to patients with advanced neurological disorders. Basic principles of palliative care and specific ethical issues (such as euthanasia, food and hydration and advance directives) are covered. The needs of populations with specific neurological disorders are described and the management of symptoms that are common to all is explored in detail. Each chapter introduces its topic using a case report which may be used directly for teaching purposes. The authors have put together an invaluable resource, which lays the foundation for further research in the field.

The Origins of Attachment - Beatrice Beebe 2013-12-04

The Origins of Attachment: Infant Research and Adult Treatment addresses the origins of attachment in mother-infant face-to-face communication. New patterns of relational disturbance in infancy are described. These aspects of communication are out of conscious awareness. They provide clinicians with new ways of thinking about infancy, and about nonverbal communication in adult treatment. Utilizing an extraordinarily detailed microanalysis of videotaped mother-infant interactions at 4 months, Beatrice Beebe, Frank Lachmann, and their research collaborators provide a more fine-grained and precise description of the process of attachment transmission. Second-by-second microanalysis operates like a social microscope and reveals more than can be grasped with the naked eye. The book explores how, alongside linguistic content, the bodily aspect of communication is an essential component of the capacity to communicate and understand emotion. The moment-to-moment self- and interactive processes of relatedness documented in infant research form the bedrock of adult face-to-face

communication and provide the background fabric for the verbal narrative in the foreground. The Origins of Attachment is illustrated throughout with several case vignettes of adult treatment. Discussions by Carolyn Clement, Malcolm Slavin and E. Joyce Klein, Estelle Shane, Alexandra Harrison and Stephen Seligman show how the research can be used by practicing clinicians. This book details aspects of bodily communication between mothers and infants that will provide useful analogies for therapists of adults. It will be essential reading for psychoanalysts, psychotherapists and graduate students. Collaborators Joseph Jaffe, Sara Markese, Karen A. Buck, Henian Chen, Patricia Cohen, Lorraine Bahrack, Howard Andrews, Stanley Feldstein Discussants Carolyn Clement, Malcolm Slavin, E. Joyce Klein, Estelle Shane, Alexandra Harrison, Stephen Seligman

The Brain and the Inner World - Mark Solms 2018-04-24

This work is an eagerly awaited account of this momentous and ongoing revolution, elaborated for the general reader by two pioneers of the field. The book takes the nonspecialist reader on a guided tour through the exciting new discoveries, pointing out along the way how old psychodynamic concepts are being forged into a new scientific framework for understanding subjective experience - in health and disease.

ABC of Mental Health - Teifion Davies 2009-07-06

Mental health services have changed completely in the UK, and the new edition of ABC of Mental Health has been thoroughly updated and revised to reflect this. Providing clear practical advice on how to recognise, diagnose and manage mental disorders successfully and safely, with sections on selecting drugs and psychological treatments, and improving compliance, ABC of Mental Health also contains information on the major categories of mental health disorders, the mental health needs of vulnerable groups (such as the elderly, children, homeless and ethnic minorities) and the psychological treatments. Fully up to date with recent mental health legislation, this new edition is as comprehensive as it is invaluable. By covering the mental health needs of special groups, this ABC equips GPs, hospital doctors, nurses, counsellors and social workers with all the information they need for the day to day management of patients with mental health problems.

Neuropsychology of Communication - Michela Balconi 2010-09-08

In this volume, the communicative and neuropsychological correlates of daily interactions are discussed. The predominant account on explaining the construction of meaning by humans is the inter-relational perspective, that postulates an intentional convergence of meaning arising as a consequence of the active exchanges between people. The neural correlates of communication were illustrated in the light of new empirical results, considering the main topics of: a) language and language development; b) pragmatics and neuropragmatics of communication; c) neurocognition and the cognitive bases of intentions; d) nonverbal communication and emotion contribution to the communicative systems. New methodological approaches are considered, with particular attention to neuroimaging (such as PET and fMRI) and brain stimulation techniques (as MEG and TMS), as well as their application to the clinical field.

Man's Face and Mimic Language - Carl-Herman Hjortsjö 1969

The Birth of the Clinic - Michel Foucault 2002-11-01

Foucault's classic study of the history of medicine.

Intervention with Aggressive Children - John Lochman 2013-12-10

This workshop is focused on a school-based group intervention for children who have difficulty controlling their anger and aggressive behavior. Dr. Lochman describes the research supporting his group-based program for children with aggression problems. He and Dr. Boxmeyer give a session by session review of how to conduct Coping Power. They also demonstrate techniques for Coping Power using case examples, videos, and role-plays. Techniques described include teaching children how to identify feelings, solve problems, accomplish goals, and more. Lastly, Dr. Lochman describes how to implement the parent component of Coping Power.

Autism: A Very Short Introduction - Uta Frith 2008-10-23

"What is autism and Asperger syndrome? What are the core symptoms, and what causes them? How early can autism be recognised and what can be done? Why does autism seem to be more and more common? Are we all a little bit autistic?" "This Very Short Introduction offers a clear statement on what is currently known about autism and Asperger syndrome. Looking at symptoms from the full spectrum of autistic disorders, and evaluating current evidence from neuroscience and genetics, this authoritative and accessible book explores the source and

nature of social impairment and exceptional talent. Autism: A Very Short Introduction gives a glimpse of life seen through the eyes of autism."--
BOOK JACKET.

The Empathic Screen - Vittorio Gallese 2019-10-02

Why do people go to the movies? What does it mean to watch a movie? To what extent is the perceived fictional nature of movies different from our daily perception of the real world? We live in a time where the power of images has strongly invaded our everyday life, and we need new instruments and methods to better understand our relationship with the virtual worlds we inhabit every day. Taking cinema as the beginning of our relationship with the world of moving images, and cognitive neuroscience as a paradigm to understand how the images engage us, *The Empathic Screen* develops a new theory of film experience, exploring our brain-body interaction when engaging with and watching a film. In this book, film theory and neuroscience meet to shed new light on cinema masterpieces, such as *The Shining*, *The Silence of the Lambs*, and *Toy Story*, and explore the great directors from the classical period to the present. Taking a radical new approach to understanding the cinema, the book will be fascinating reading for cognitive scientists, neuroscientists, psychologists, philosophers, and film and media scholars.

Psychoanalysis and Neuroscience - Mauro Mancina 2007-04-29

Recent scientific studies have brought significant advances in the understanding of basic mental functions such as memory, dreams, identification, repression, which constitute the basis of the psychoanalytical theory. This book focuses on the possibility of interactions between psychoanalysis and neuroscience: emotions and the right hemisphere, serotonin and depression. It is a unique tool for professionals and students in these fields, and for operators of allied disciplines, such as psychology and psychotherapy.

Words as Social Tools: An Embodied View on Abstract Concepts -

Anna M. Borghi 2014-03-13

How are abstract concepts and words represented in the brain? That is the central question addressed by the authors of "Words as Social Tools: An Embodied View on Abstract Concepts". First, they focus on the difficulties in defining what abstract concepts and words are, and what they mean in psycholinguistic research. Then the authors go on to describe and critically discuss the main theories on this topic with a special emphasis on the different embodied and grounded theories proposed in cognitive psychology within the last ten years, highlighting the advantages and limitations of each of these theories. The core of this Brief consists of the presentation of a new theory developed by the authors, the WAT (Words As social Tools) view, according to which both sensorimotor (such as perception, action, emotional experiences) and linguistic experiences are at the basis of abstract concepts and of abstract word representation, processing and use. This theory assigns a major role to acquisition: one of the assumptions the authors make is that the different ways in which concrete and abstract words are acquired constrain their brain representation and their use. This view will be compared with the main existing theories on abstractness, from the theory of conceptual metaphors to the theories on multiple representation. Finally, the volume illustrates recent evidence from different areas (developmental, behavioral, cross-cultural, neuropsychological and neural) which converge with and support the authors' theory, leading to the conclusion that in order to account for representation and processing of abstract concepts and words, an extension of embodied and grounded theories is necessary.

The Time Cure - Philip Zimbardo 2012-10-23

In his landmark book, *The Time Paradox*, internationally known psychologist Philip Zimbardo showed that we can transform the way we think about our past, present, and future to attain greater success in work and in life. Now, in *The Time Cure*, Zimbardo has teamed with clinicians Richard and Rosemary Sword to reveal a groundbreaking approach that helps those living with post-traumatic stress disorder (PTSD) to shift their time perspectives and move beyond the traumatic past toward a more positive future. Time Perspective Therapy switches the focus from past to present, from negative to positive, clearing the pathway for the best yet to come: the future. It helps PTSD sufferers pull their feet out of the quicksand of past traumas and step firmly on the solid ground of the present, allowing them to take a step forward into a brighter future. Rather than viewing PTSD as a mental illness the authors see it as a mental injury—a normal reaction to traumatic events—and offer those suffering from PTSD the healing balm of hope. *The Time Cure* lays out the step-by-step process of Time Perspective Therapy, which has proven effective for a wide range of individuals, from

veterans to survivors of abuse, accidents, assault, and neglect. Rooted in psychological research, the book also includes a wealth of vivid and inspiring stories from real-life PTSD sufferers—effective for individuals seeking self-help, their loved ones, therapists and counselors, or anyone who wants to move forward to a brighter future.

The Four Noble Truths - 2020

The Development of Emotional Competence - Carolyn Saarni

1999-03-20

Synthesizing the latest research and theory with compelling narratives and case vignettes, this book explores the development of emotional competence in school-age children and young adolescents. Saarni examines the formation of eight key emotional skills in relation to processes of self-understanding, socialization, and cognitive growth. The cultural and gender context of emotional experience is emphasized, and the role of moral disposition and other individual differences is considered. Tracing the connections between emotional competence, interpersonal relationships, and resilience in the face of stress, the book also explores why and what happens when development is delayed.

Liquid Fear - Zygmunt Bauman 2013-05-08

Modernity was supposed to be the period in human history when the fears that pervaded social life in the past could be left behind and human beings could at last take control of their lives and tame the uncontrolled forces of the social and natural worlds. And yet, at the dawn of the twenty-first century, we live again in a time of fear. Whether its the fear of natural disasters, the fear of environmental catastrophes or the fear of indiscriminate terrorist attacks, we live today in a state of constant anxiety about the dangers that could strike unannounced and at any moment. Fear is the name we give to our uncertainty in the face of the dangers that characterize our liquid modern age, to our ignorance of what the threat is and our incapacity to determine what can and can't be done to counter it. This new book by Zygmunt Bauman one of the foremost social thinkers of our time is an inventory of liquid modern fears. It is also an attempt to uncover their common sources, to analyse the obstacles that pile up on the road to their discovery and to examine the ways of putting them out of action or rendering them harmless. Through his brilliant account of the fears and anxieties that weigh on us today, Bauman alerts us to the scale of the task which we shall have to confront through most of the current century if we wish our fellow humans to emerge at its end feeling more secure and self-confident than we feel at its beginning.

Tourism and Indigenous Peoples - Richard Butler 2007-11-02

Tourism and Indigenous Peoples is a unique text examining the role of indigenous societies in tourism and how they interact within the tourism nexus. Unlike other publications, this text focuses on the active role that indigenous peoples take in the industry, and uses international case studies and experiences to provide a global context to illustrate best practice and aid comparison. First published over ten years ago the editors, Butler and Hinch, have thoroughly revised and updated the text to bring together a new collection of contributions and case studies from recognised international authors and those with first hand experiences in this area. Divided into five main sections, the text looks at this topic under the following headings: * Involvement: Uses case studies to discuss and compare such as 'campfire' programmes in east Africa, and the employment of indigenous peoples as guides, amongst other cases, * Turbulence: Host guest relationships, conflicts on communities and contrasting strategies and results of tourism in indigenous villages in South Africa * Issues: Discusses issues such as authenticity, religious beliefs and managing indigenous tourism in a fragile environment * Progress: Looks at tourism education, tourism and cultural survival and examples of the policy and practice of indigenous tourism. * Conclusions: Five contributions from indigenous people on North America, Australasia and Europe to discuss implications and experiences. Each section uses international case studies from, for example, Australia, New Zealand, Nepal, Namibia, Thailand, Saudi Arabia and South America.

Conversations with Jorge Luis Borges - Richard Burgin 1969

Neuropsychotherapy - Klaus Grawe 2017-09-25

Neuropsychotherapy is intended to inspire further development and continual empirical updating of consistency theory. It is essential for psychotherapists, psychotherapy researchers, clinical psychologists, psychiatrists, neuroscientists, and mental-health professionals. Profoundly important and innovative, this volume provides necessary know-how for professionals as it connects the findings of modern neuroscience to the insights of psychotherapy. Throughout the book, a

new picture unfolds of the empirical grounds of effective psychotherapeutic work. Author Klaus Grawe articulates a comprehensive model of psychological functioning-consistency theory and bridges the gap between the neurosciences and the understanding of psychological disorders and their treatment. Neuropsychotherapy illustrates that psychotherapy can be even more effective when it is grounded in a neuroscientific approach. Cutting across disciplines that are characteristically disparate, the book identifies the neural foundations of various disorders, suggests specific psychotherapeutic conclusions, and makes neuroscientific knowledge more accessible to psychotherapists. The book's discussion of consistency theory reveals the model is firmly connected to other psychological theoretical approaches, from control theory to cognitive-behavioral models to basic need theories.

Mind and Places - Anna Anzani 2020-05-12

This book explores the contributions of psychological, neuroscientific and philosophical perspectives to the design of contemporary cities. Pursuing an innovative and multidisciplinary approach, it addresses the need to re-launch knowledge and creativity as major cultural and institutional bases of human communities. Dwelling is a form of knowledge and re-invention of reality that involves both the tangible dimension of physical places and their mental representation. Findings in the neuroscientific field are increasingly opening stimulating perspectives on the design of spaces, and highlight how our ability to understand other people is strongly related to our corporeity. The first part of the book focuses on the contributions of various disciplines that deal with the spatial dimension, and explores the dovetailing roles that science and art can play from a multidisciplinary perspective. In turn, the second part formulates proposals on how to promote greater integration between the aesthetic and cultural dimension in spatial design. Given its scope, the book will benefit all scholars, academics and practitioners who are involved in the process of planning, designing and building places, and will foster an international exchange of research, case studies, and theoretical reflections to confront the challenges of designing conscious places and enable the development of communities.

Cognitive Linguistics: Basic Readings - Dirk Geeraerts 2006-01-01

Over the past decade, Cognitive Linguistics has grown to be one of the most broadly appealing and dynamic frameworks for the study of natural language. Essentially, this new school of linguistics focuses on the meaning side of language: linguistic form is analysed as an expression of meaning. And meaning itself is not something that exists in isolation, but it is integrated with the full spectrum of human experience: the fact that we are embodied beings just as much as the fact that we are cultural beings. Cognitive Linguistics: Basic Readings brings together twelve foundational articles, each of which introduces one of the basic concepts of Cognitive Linguistics, like conceptual metaphor, image schemas, mental spaces, construction grammar, prototypicality and radial sets. The collection features the founding fathers of Cognitive Linguistics: George Lakoff, Ron Langacker, Len Talmy, Gilles Fauconnier, and Charles Fillmore, together with some of the most influential younger scholars. By its choice of seminal papers and leading authors, Basic Readings is specifically suited for an introductory course in Cognitive Linguistics. This is further supported by a general introduction to the theory and, specifically, the practice of Cognitive Linguistics and by trajectories for further reading that start out from the individual chapters.

Why Gods Persist - Robert A. Hinde 2002-01-04

First Published in 1999. Routledge is an imprint of Taylor & Francis, an informa company.

The Delusions of Certainty - Siri Hustvedt 2017-10-17

"The Delusions of Certainty is a unique book by an extraordinary author. Siri Hustvedt is a notable novelist, art scholar, and a philosopher of science. In this memorable and immensely enjoyable volume, Hustvedt rises above the exhausted debate over the two cultures, to demonstrate not just the possibility but also the advantages of combining the approaches of the arts, humanities, and sciences to illuminate a key aspect of the human condition: the mind-body problem." —Antonio Damasio, bestselling author of *Descartes' Error* and *Self Comes to Mind* "Siri Hustvedt proves her membership in the highest rank of neuroscientists and philosophers who probe the nature of thought and the workings of consciousness. A novelist and a student of psychoanalysis and neuroscience, Hustvedt can ask questions others cannot ask about imagination, identity, epistemology, gendered power, and mortality. Her authoritative knowledge and her courage to challenge the status quo guide the reader to fresh epiphanies about what counts as human nature. The work is, in the end, a work of freedom." —Rita Charon, Columbia University "The Delusions of Certainty is the best book on the mind-body problem I have ever read. Perhaps only a great novelist and essayist can address what neuroscientists and philosophers fail to question. Siri Hustvedt takes the reader on an inspiring journey into highly relevant and often unanswered questions about what it means to be human." —Vittorio Gallese, University of Parma Prizewinning novelist, feminist, and scholar Siri Hustvedt turns her brilliant and critical eye toward the metaphysical issues of neuropsychology in this lauded, standalone volume. Originally published in her "canonical" (Publishers Weekly) and "absorbing" (Kirkus Reviews) collection *A Woman Looking at Men Looking at Women*, *The Delusions of Certainty* exposes how the age-old, unresolved mind-body problem has shaped—and often distorted and confused—contemporary thought in neuroscience, psychiatry, genetics, artificial intelligence, and evolutionary psychology.

Resilient - Rick Hanson, PhD 2020-02-04

These days it's hard to count on the world outside. So it's vital to grow strengths inside like grit, gratitude, and compassion—the key to resilience, and to lasting well-being in a changing world. True resilience is much more than enduring terrible conditions. We need resilience every day to raise a family, work at a job, cope with stress, deal with health problems, navigate issues with others, heal from old pain, and simply keep on going. With his trademark blend of neuroscience, mindfulness, and positive psychology, New York Times bestselling author Dr. Rick Hanson shows you how to develop twelve vital inner strengths hardwired into your own nervous system. Then no matter what life throws at you, you'll be able to feel less stressed, pursue opportunities with confidence, and stay calm and centered in the face of adversity. This practical guide is full of concrete suggestions, experiential practices, personal examples, and insights into the brain. It includes effective ways to interact with others and to repair and deepen important relationships. Warm, encouraging, and down-to-earth, Dr. Hanson's step-by-step approach is grounded in the science of positive neuroplasticity. He explains how to overcome the brain's negativity bias, release painful thoughts and feelings, and replace them with self-compassion, self-worth, joy, and inner peace.

A Secure Base - John Bowlby 2012-11-12

As Bowlby himself points out in his introduction to this seminal childcare book, to be a successful parent means a lot of very hard work. Giving time and attention to children means sacrificing other interests and activities, but for many people today these are unwelcome truths. Bowlby's work showed that the early interactions between infant and caregiver have a profound impact on an infant's social, emotional, and intellectual growth. Controversial yet powerfully influential to this day, this classic collection of Bowlby's lectures offers important guidelines for child rearing based on the crucial role of early relationships.