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The Emotional Life of Your Brain The Science of
Meditation The Mind's Own Physician Altered Traits The
Mind's Own Physician Handbook of Affective Sciences
Wisdom and Compassion in Psychotherapy The
Psychobiology of Consciousness Richard J. Davidson, in
First Person The Cambridge Handbook of Consciousness
Visions of Compassion Self-Compassion in Psychotherapy:
Mindfulness-Based Practices for Healing and
Transformation Brain Asymmetry Anxiety, Depression, and
Emotion The Nature of Emotion Consciousness, the Brain,
States of Awareness, and Alternate Realities Cognitive
Neuroscience of Emotion Summary of Richard J.
Davidson's The Emotional Life of Your Brain Summary &
Analysis: Altered Traits by Daniel Goleman and Richard
J. Davidson: Science Reveals How Meditation Changes
Your Mind, Brain, and The Psychobiology of Affective
Development (PLE: Emotion) The Asymmetrical Brain
Anxiety, Depression, and Emotion Foundations in Social
Neuroscience Neuropsychological Perspectives on
Affective and Anxiety Disorders Summary and Analysis:
Daniel Goleman and Richard J. Davidson's Altered
Traits: Science Reveals How Meditation Changes Your
Mind, Brain, and Body Handbook of Cognition and Emotion
Healing Emotions Consciousness and Self-Regulation The
Psychobiology of Affective Development (PLE: Emotion)
Flame of Yahweh Summary of Daniel Goleman & Richard J.
Davidson's Altered Traits destressifying The Pragmatic
Turn Train Your Mind, Change Your Brain Empathy Yoga
for Emotional Balance The Accidental Mind The
Developing Mind, Second Edition Emotional Self-
Awareness The Emotional Life of Your Brain

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The Emotional Life of Your Brain

2012-03-01

this groundbreaking book by a pioneer in neuroscience brings a new understanding of our emotions why each of us responds so differently to the same life events and what we can do to change and improve our emotional lives if you believe most self help books you would probably assume that we are all affected in the same way by events like grief or falling in love or being jilted and that only one process can help us handle them successfully from thirty years of studying brain chemistry davidson shows just why and how we are all so different just as we all have our own dna so we each have our own emotional style depending on our individual levels of dimensions like resilience attention and self awareness helping us to recognise our own emotional style davidson also shows how our brain patterns can change over our lives and through his fascinating experiments what we can do to improve our emotional responses through for example meditation deepening our understanding of the mind body connection as well as conditions like autism and depression davidson stretches beyond mainstream psychology and neuroscience and expands our view of what it means to be human

The Science of Meditation

2017-09-07

more than forty years ago two friends and collaborators at harvard daniel goleman and richard davidson were unusual in arguing for the benefits of meditation

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as mindfulness and other brands of meditation become ever more popular promising to fix everything from our weight to our relationship to our professional career these two bestselling authors sweep away the misconceptions around these practices and show how smart practice can change our personal traits and even our genome for the better drawing on cutting edge research goleman and davidson expertly reveal what we can learn from a one of a kind data pool that includes world class meditators they share for the first time remarkable findings that show how meditation without drugs or high expense can cultivate qualities such as selflessness equanimity love and compassion and redesign our neural circuitry demonstrating two master thinkers at work the science of meditation explains precisely how mind training benefits us more than daily doses or sheer hours we need smart practice including crucial ingredients such as targeted feedback from a master teacher and a more spacious worldview gripping in its storytelling and based on a lifetime of thought and action this is one of those rare books that has the power to change us at the deepest level

The Mind's Own Physician

2012-01-02

by inviting the dalai lama and leading researchers in medicine psychology and neuroscience to join in conversation the mind life institute set the stage for a fascinating exploration of the healing potential of the human mind the mind s own physician presents in its entirety the thirteenth mind and life dialogue a discussion addressing a range of vital questions concerning the science and clinical applications of meditation how do meditative practices influence pain and human suffering what role does the brain play in

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emotional well being and health to what extent can our minds actually influence physical disease are there important synergies here for transforming health care and for understanding our own evolutionary limitations as a species edited by world renowned researchers jon kabat zinn and richard j davidson this book presents this remarkably dynamic interchange along with intriguing research findings that shed light on the nature of the mind its capacity to refine itself through training and its role in physical and emotional health

Altered Traits

2018-09-04

two new york times bestselling authors unveil new research showing what meditation can really do for the brain in the last twenty years meditation and mindfulness have gone from being kind of cool to becoming an omnipresent band aid for fixing everything from your weight to your relationship to your achievement level unveiling here the kind of cutting edge research that has made them giants in their fields daniel goleman and richard davidson show us the truth about what meditation can really do for us as well as exactly how to get the most out of it sweeping away common misconceptions and neuromythology to open readers eyes to the ways data has been distorted to sell mind training methods the authors demonstrate that beyond the pleasant states mental exercises can produce the real payoffs are the lasting personality traits that can result but short daily doses will not get us to the highest level of lasting positive change even if we continue for years without specific additions more than sheer hours we need smart practice including crucial ingredients such as targeted feedback from a

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master teacher and a more spacious less attached view of the self all of which are missing in widespread versions of mind training the authors also reveal the latest data from davidson s own lab that point to a new methodology for developing a broader array of mind training methods with larger implications for how we can derive the greatest benefits from the practice exciting compelling and grounded in new research this is one of those rare books that has the power to change us at the deepest level

The Mind's Own Physician

2012-01-02

by inviting the dalai lama and leading researchers in medicine psychology and neuroscience to join in conversation the mind life institute set the stage for a fascinating exploration of the healing potential of the human mind the mind s own physician presents in its entirety the thirteenth mind and life dialogue a discussion addressing a range of vital questions concerning the science and clinical applications of meditation how do meditative practices influence pain and human suffering what role does the brain play in emotional well being and health to what extent can our minds actually influence physical disease are there important synergies here for transforming health care and for understanding our own evolutionary limitations as a species edited by world renowned researchers jon kabat zinn and richard j davidson this book presents this remarkably dynamic interchange along with intriguing research findings that shed light on the nature of the mind its capacity to refine itself through training and its role in physical and emotional health

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Handbook of Affective Sciences

2009-05-21

one hundred stereotype maps glazed with the most exquisite human prejudice especially collected for you by yanko tsvetkov author of the viral mapping stereotypes project satire and cartography rarely come in a single package but in the atlas of prejudice they successfully blend in a work of art that is both funny and thought provoking the book is based on mapping stereotypes yanko tsvetkov s critically acclaimed project that became a viral internet sensation in 2009 a reliable weapon against bigots of all kinds it serves as an inexhaustible source of much needed argumentation and occasionally as a nice slab of paper that can be used to smack them across the face whenever reasoning becomes utterly impossible the complete collection version of the atlas contains all maps from the previously published two volumes and adds twenty five new ones wrapping the best selling series in a single extended edition

Wisdom and Compassion in Psychotherapy

2014-01-01

bringing together leading scholars scientists and clinicians this compelling volume explores how therapists can cultivate wisdom and compassion in themselves and their clients chapters describe how combining insights from ancient contemplative practices and modern research can enhance the treatment of anxiety depression trauma substance abuse suicidal behavior couple conflict and parenting stress

seamlessly edited the book features numerous practical

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exercises and rich clinical examples it examines whether wisdom and compassion can be measured objectively what they look like in the therapy relationship their role in therapeutic change and how to integrate them into treatment planning and goal setting the book includes a foreword by his holiness the dalai lama

The Psychobiology of Consciousness

2012-12-06

consciousness and the brain self regulation paradox the relationship of consciousness to biology has intrigued mankind throughout recorded history however little progress has been made not only in understanding these issues but also in raising fundamental questions central to the problem as davidson and davidson note in their introduction william james suggested almost a century ago in his principles of psychology that the brain was the organ of mind and behavior james went so far as to suggest that the remainder of the principles was but a footnote to this central thesis this volume brings together diverse biobehavioral scientists who are addressing the various aspects of the mind/brain/body/behavior issue although some of the authors have previously published together in other volumes by and large the particular combination of authors and topics selected by the editors makes this volume unique and timely unlike the consciousness and self regulation series schwartz shapiro 1976 1978 also published by plenum this volume is devoted entirely to a psychobiological approach to consciousness although readers will differ in their interest in specific chapters the well rounded investigator who is concerned with the psychobiology of consciousness will want to become intimately acquainted with all the views

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presented in this volume as noted by the individual contributors the topic of this volume stimulates fundamental questions which on the surface may appear trivial yet on further reflection turn out to have deep significance

Richard J. Davidson, in First Person

2010

the cambridge handbook of consciousness is the first of its kind in the field and its appearance marks a unique time in the history of intellectual inquiry on the topic after decades during which consciousness was considered beyond the scope of legitimate scientific investigation consciousness re emerged as a popular focus of research towards the end of the last century and it has remained so for nearly 20 years there are now so many different lines of investigation on consciousness that the time has come when the field may finally benefit from a book that pulls them together and by juxtaposing them provides a comprehensive survey of this exciting field an authoritative desk reference which will also be suitable as an advanced textbook

The Cambridge Handbook of Consciousness

2007-05-14

science and compassion examines how the views of western behavioural science hold up to scrutiny by tibetan buddhists an essay by the dalai lama reveals his views on human nature offering a useful exposition of the buddhist point of view hc

Visions of Compassion

2002-01-17

applying the art and science of self compassion to day to day therapy work this lucidly written guide integrates traditional buddhist teachings and mindfulness with cutting edge science from several distinct fields including neurobiology cognitive neuroscience psychotherapy outcome research and positive psychology to explain how clinicians can help clients develop a more loving kind and forgiving attitude through self compassion the practice of self compassion supports effective therapy in two vital ways 1 it helps clients become a source of compassion for themselves and 2 it helps therapists be happier and generate more compassion for their clients researchers now understand that self compassion is a skill that can be strengthened through deliberate practice and that it is one of the strongest predictors of mental health and wellness the brain s compassion center which neuroscientists call the care circuit can be targeted and fortified using specific techniques filled with illuminating case examples self compassion in psychotherapy shows readers how to apply self compassion practices in treatment the first two chapters illuminate what self compassion is the science behind it and why it is so beneficial in therapy the rest of the book unpacks practical clinical applications covering not only basic clinical principles but also specific evidence based techniques for building affect tolerance affect regulation and mindful thinking working with self criticism self sabotage trauma addiction relationship problems psychosis and more and overcoming common roadblocks readers do not need to have any background in mindfulness in order to benefit from this book however

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those that do will find that self compassion practices have the capacity to add new layers of depth to mindfulness based therapies such as dialectical behavior therapy dbt acceptance and commitment therapy act mindfulness based stress reduction mbsr and mindfulness based cognitive therapy mbct

Self-Compassion in Psychotherapy: Mindfulness-Based Practices for Healing and Transformation

2015-11-16

the twenty three contributions in brain asymmetry provide a comprehensive survey of modern research on laterality and brain asymmetry showcasing new approaches and novel domains in which knowledge of the asymmetrical functioning of the brain is a key issue for the complete understanding of the phenomenon of particular note is the inclusion of material on laterality learning attention and emotion and their relation to subcortical and peripheral structures and processes in addition the clinical relevance of brain asymmetry for neuropsychological and psychopathological practice is surveyed following a preface and historical overview chapters are divided into eight parts that cover phylogenetic antecedents and anatomical bases perceptual cognitive and motor lateralization attention and learning central autonomic integration emotional lateralization interhemispheric interaction ontogeny and developmental disabilities and psychopathology contributors marie t banich brenda e berge carol a boliek halle d brown gerard e bruder richard j davidson marian cleaves diamond jack e downhill jane e edmonds albert m galaburda josh hall anne harrington kenneth m heilman joseph b hellige kenneth hugdahl george w hynd

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j richard jennings stephen m kosslyn richard d laine
david warren lewis jacqueline liederman mario liotti
richard marshall john e obrzut michael peters robert g
robinson sidney j segalowitz justine sergent don m
tucker werner wittling eran zaidel a bradford book

Brain Asymmetry

1995

this unique volume focuses on the relationship between basic research in emotion and emotional dysfunction in depression and anxiety each chapter is authored by a highly regarded scientist who looks at both psychological and biological implications of research relevant to psychiatrists and psychologists and following each chapter is engaging commentary that raises questions illuminates connections with other bodies of work and provides points of integration across different research traditions topics range from stress cognitive functioning and personality to affective style and behavioral inhibition and the book as a whole has significant implications for understanding and treating anxiety disorders

Anxiety, Depression, and Emotion

2000-08-10

building on the legacy of the groundbreaking first edition the editors of this unique volume have selected more than 100 leading emotion researchers from around the world and asked them to address 14 fundamental questions about the nature and origins of emotion for example what is an emotion how are emotions organized in the brain how do emotion and cognition interact how are emotions embodied in the social world how and why

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are emotions communicated how are emotions physically embodied what develops in emotional development at the end of each chapter the editors andrew fox regina lapate alexander shackman and richard davidson highlight key areas of agreement and disagreement in the final chapter the nature of emotion a research agenda for the 21st century the editors outline their own perspective on the most important challenges facing the field today and the most fruitful avenues for future research not a textbook offering a single viewpoint the nature of emotion reveals the central issues in emotion research and theory in the words of many of the leading scientists working in the field today from senior researchers to rising stars providing a unique and highly accessible guide for students researchers and clinicians

The Nature of Emotion

2018-08-23

this book a member of the series in affective science is a unique interdisciplinary sequence of articles on the cognitive neuroscience of emotion by some of the most well known researchers in the area it explores what is known about cognitive processes in emotion at the same time it reviews the processes and anatomical structures involved in emotion determining whether there is something about emotion and its neural substrates that requires they be studied as a separate domain divided into four major focal points and presenting research that has been performed in the last decade this book covers the process of emotion generation the functions of amygdala the conscious experience of emotion and emotion regulation and dysregulation collectively the chapters constitute a broad but selective survey of current knowledge about

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emotion and the brain and they all address the close association between cognitive and emotional processes by bringing together diverse strands of investigation with the aim of documenting current understanding of how emotion is instantiated in the brain this book will be of use to scientists researchers and advanced students of psychology and neuroscience

Consciousness, the Brain, States of Awareness, and Alternate Realities

1979

please note this is a companion version not the original book sample book insights 1 there are many different ways people respond to the same event and the reason is not just that their dna differs but that their brain activity differs as well 2 emotional style is the way in which we react to different types of emotions it is what makes some people bounce back from a painful divorce while others remain mired in self recrimination and despair 3 emotional style is the way we react to events and it is developed over the course of our lives it is largely genetic but we can change it through certain methods 4 there are six dimensions of emotional style and each describes a continuum some people fall at one extreme of the continuum while others fall somewhere in the middle the combination of where you fall on each dimension adds up to your overall emotional style

Cognitive Neuroscience of Emotion

2002-04-04

book summary of altered traits science reveals how meditation changes your mind brain and ~~455894~~ emotional life your brain richard j davidson

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goleman and richard j davidson or dan and richie as they are called in the book have provided an intriguing review of the scientific studies done on meditation over the past fifty years in their attempts to prove that meditation can and does affect the body physically and mentally as well as spiritually dan and richie discuss their own experiences as lifelong meditators their travels to ashrams and retreats all over the globe and their meetings with yogis and monks including the dalai lama for more information click on the buy button

Summary of Richard J. Davidson's The Emotional Life of Your Brain

2022-05-16T22:59:00Z

originally published in 1984 this was the first volume on this topic to appear in an emerging area of study at the time the editors were selective in choosing their contributions to the volume to ensure that both the developmental and neuropsychological domains were well represented one of the major goals was to foster greater contact and cross fertilization between subdisciplines that they firmly believed should be more intimately connected the result is this title which can now be enjoyed in its historical context

Summary & Analysis: Altered Traits by Daniel Goleman and Richard J. Davidson: Science Reveals How Meditation Changes Your Mind, Brain,

and

2018-12

research on brain asymmetry with particular emphasis on findings made possible by recent advances in neuroimaging

The Psychobiology of Affective Development (PLE: Emotion)

2014-11-20

this unique volume focuses on the relationship between basic research in emotion and emotional dysfunction in depression and anxiety each chapter is authored by a highly regarded scientist who looks at both psychological and biological implications of research relevant to psychiatrists and psychologists and following each chapter is engaging commentary that raises questions illuminates connections with other bodies of work and provides points of integration across different research traditions topics range from stress cognitive functioning and personality to affective style and behavioral inhibition and the book as a whole has significant implications for understanding and treating anxiety disorders

The Asymmetrical Brain

2003

a comprehensive survey of the growing field of social neuroscience

Anxiety, Depression, and Emotion

2000

this volume features exemplars of the best research at many levels from animal studies of the detailed circuitry subserving fear and anxiety to human studies of cognitive abnormalities in subjects with affective and anxiety disorders

Foundations in Social Neuroscience

2002

are you ready to change your life daniel goleman and richard j davidson or dan and richie as they are called in the book have provided an intriguing review of the scientific studies done on meditation over the past fifty years in their attempts to prove that meditation can and does affect the body physically and mentally as well as spiritually dan and richie discuss their own experiences as lifelong meditators their travels to ashrams and retreats all over the globe and their meetings with yogis and monks including the dalai lama in this detailed summary and analysis of altered traits science reveals how meditation changes your mind brain and body you ll learn 1 about the most ancient practices of meditation and how the west tried to replicate them 2 the beginning steps to becoming an advanced meditator yourself 3 what deep meditation is 4 how lifelong meditation can alter traits and much more buy your copy today note to readers this is a summary and analysis companion book not the original altered traits science reveals how meditation changes your mind brain and body it is meant to enhance your original reading experience not supplement it we encourage you to purchase the original book as well

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Neuropsychological Perspectives on Affective and Anxiety Disorders

1998

edited by leading figures in the field this handbook gives an overview of the current status of cognition and emotion research by giving the historical background to the debate and the philosophical arguments before moving on to outline the general aspects of the various research traditions this handbook reflects the latest work being carried out by the key people in the field

Summary and Analysis: Daniel Goleman and Richard J. Davidson's Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body

2018-01-13

a new edition documents encounters between the dalai lama and prominent western psychologists physicians and meditation teachers to offer insight into the mind s ability to heal the body original

Handbook of Cognition and Emotion

2000-11-21

volumes 2 and 3

Healing Emotions

2003

originally published in 1984 this was the first volume on this topic to appear in an emerging area of study at the time the editors were selective in choosing their contributions to the volume to ensure that both the developmental and neuropsychological domains were well represented one of the major goals was to foster greater contact and cross fertilization between subdisciplines that they firmly believed should be more intimately connected the result is this title which can now be enjoyed in its historical context

Consciousness and Self-Regulation

1978

the flame of yahweh offers a thorough exploration of gender relationships and sexual activity in the old testament topics include sexuality in eden the elevation vs the denigration of women exclusivity vs adultery and pre marital sex permanence vs divorce and remarriage intimacy vs incest and sexuality in the song of songs

The Psychobiology of Affective Development (PLE: Emotion)

2014-11-20

please note this is a companion version not the original book sample book insights 1 there are two paths in meditation the deep and the wide the deep path is a pure form of meditation which is found in ancient lineages of theravada buddhism or among tibetan yogis

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the wide path is more practical and accessible and is found in multitudes who have a little bit of meditation in their day 2 at level 2 these traditions have been removed from being part of a total lifestyle and adapted into forms more palatable for the west at level 3 the same meditation practices are distributed more widely 3 the joy we find in coauthoring a book is also due to our shared mission of shifting the conversation about meditation and its benefits we aim to reinterpret what the actual benefits of meditation are and what the true aim of practice has always been 4 the most compelling impacts of meditation are not better health or sharper business performance but rather a further reach toward our better nature the deep path which has always been the true goal of meditation yields highly positive altered traits

Flame of Yahweh

2007

it s pernicious it s diabolical it creeps into every moment of our lives it influences our relationships impacts our physical body works its way into our conversations sparks non nourishing behaviors and forces us to do things we d never want to do it s infectious it s relentless it s stress we all know it we all experience it it s the human condition but through this book you will learn to transcend it drawing on decades of experience working with individuals in extreme high pressure situations including business leaders world class athletes members of the military special forces and those in crisis davidji will show you how to handle any type of stress that life throws at you just as he demystified the practice of meditation in his award winning book secrets of meditation here he will teach you proactive

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tools to breathe more easily master your emotions
communicate more effectively cultivate more nourishing
relationships and perform at a higher level with his
trademark easy to understand and entertaining writing
style davidji will transform your understanding of
stress using time tested techniques cutting edge
science real world practical applications and in the
moment stress busters how you respond to the world
around you determines the fabric of your life and one
read of destressifying will enhance your performance at
work at home and in the face of daily surprises this
book will allow you to determine the speed at which
life comes at you and guide you to deeper fulfillment
greater empowerment and true peace of mind

Summary of Daniel Goleman & Richard J. Davidson's Altered Traits

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in this major new work richard j bernstein argues that
many of the most important themes in philosophy during
the past one hundred and fifty years are variations and
developments of ideas that were prominent in the
classical american pragmatists charles s peirce william
james john dewey and george h mead pragmatism begins
with a thoroughgoing critique of the cartesianism that
dominated so much of modern philosophy the pragmatic
thinkers reject a sharp dichotomy between subject and
object mind body dualism the quest for certainty and
the spectator theory of knowledge they seek to bring
about a sea change in philosophy that highlights the
social character of human experience and normative
social practices the self correcting nature of all
inquiry and the continuity of theory and practice and
they especially james dewey and mead emphasize the
democratic ethical political consequences

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pragmatic orientation many of the themes developed by the pragmatic thinkers were also central to the work of major twentieth century philosophers like wittgenstein and heidegger but the so called analytic continental split obscures this underlying continuity bernstein develops an alternative reading of contemporary philosophy that brings out the persistence and continuity of pragmatic themes he critically examines the work of leading contemporary philosophers who have been deeply influenced by pragmatism including hilary putnam jürgen habermas richard rorty and robert brandom and he explains why the discussion of pragmatism is so alive varied and widespread this lucid wide ranging book by one of america s leading philosophers will be compulsory reading for anyone who wants to understand the state of philosophy today

destressifying

2015-08-25

cutting edge science and the ancient wisdom of buddhism have come together to reveal that contrary to popular belief we have the power to literally change our brains by changing our minds recent pioneering experiments in neuroplasticity the ability of the brain to change in response to experience reveal that the brain is capable of altering its structure and function and even of generating new neurons a power we retain well into old age the brain can adapt heal renew itself after trauma compensate for disabilities rewire itself to overcome dyslexia and break cycles of depression and ocd and as scientists are learning from studies performed on buddhist monks it is not only the outside world that can change the brain so can the mind and in particular focused attention through the classic buddhist practice of mindfulness with her gift for making science

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accessible meaningful and compelling science writer sharon begley illuminates a profound shift in our understanding of how the brain and the mind interact and takes us to the leading edge of a revolution in what it means to be human praise for train your mind change your brain there are two great things about this book one is that it shows us how nothing about our brains is set in stone the other is that it is written by sharon begley one of the best science writers around begley is superb at framing the latest facts within the larger context of the field this is a terrific book robert m sapolsky author of why zebras don t get ulcers excellent elegant and lucid prose an open mind here will be rewarded discover a strong dose of hope along with a strong dose of science and buddhist thought the san diego union tribune

The Pragmatic Turn

2013-04-26

empathy means having the ability to sense others feelings and how they see things a quick read for anyone wanting to improve their own or their team s leadership skills this primer features thought leaders who are championing research in this field daniel goleman richard boyatzis richard davidson and vanessa druskat

Train Your Mind, Change Your Brain

2008-11-12

an integrative approach to healing anxiety depression and chronic stress through yoga and breathing exercises emotional balance is within your reach when you cultivate the intelligence of both your body and mind

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bo forbes a psychologist and yoga teacher offers some of her most important teachings and practices including restorative yoga sequences designed to balance anxiety and lift depression breath and body centered exercises to calm your mind and energize your body simple ways to understand your emotional patterns 3 main obstacles to emotional well being 5 tools for building emotional balance rooted in classical yoga yet supported by psychology and science the techniques in this book will help you create progressive and lasting change

Empathy

2017-06-02

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

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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

Yoga for Emotional Balance

2011-03-08

daniel j siegel goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development exploring the role of interpersonal relationships in forging key connections in the brain he presents a groundbreaking new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling thinking remembering individual illuminating how and why neurobiology matters new to this edition incorporates significant scientific and technical advances expanded discussions of cutting edge topics including neuroplasticity epigenetics mindfulness and the neural correlates of consciousness useful pedagogical features pull outs diagrams and a glossary epilogue on domains of integration specific pathways to well being and therapeutic change

The Accidental Mind

2012-10-01

this longawaited book by a pioneer in brain research offers a new model of our emotions their origins their power and their malleability for more than thirty years richard davidson has been at the forefront of brain research now he gives us an entirely new model for understanding our emotions as well as practical

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strategies we can use to change them davidson has discovered that personality is composed of six basic emotional styles including resilience self awareness and attention our emotional fingerprint results from where on the continuum of each style we fall he explains the brain chemistry that underlies each style in order to give us a new model of the emotional brain one that will even go so far as to affect the way we treat conditions like autism and depression and finally he provides strategies we can use to change our own brains and emotions if that is what we want to do written with bestselling author sharon begley this original and exciting book gives us a new and useful way to look at ourselves develop a sense of well being and live more meaningful lives

The Developing Mind, Second Edition

2015-02-04

Emotional Self-Awareness

2017-01-12

The Emotional Life of Your Brain

2012