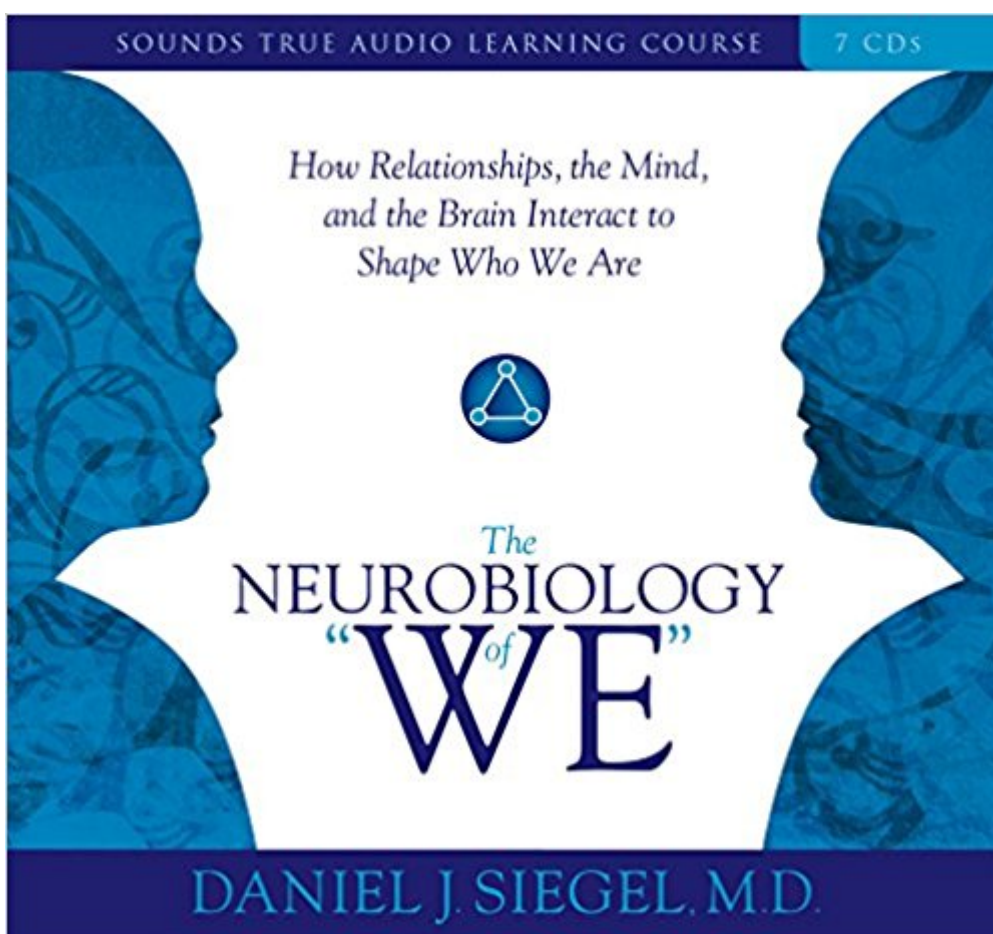


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# The Neurobiology Of "We": How Relationships, The Mind, And The Brain Interact To Shape Who We Are (Sounds True Audio Learning Course)



## Synopsis

You've no doubt heard of the mind-body connection. But Daniel J. Siegel suggests that there's another piece to the puzzle: the profound influence of those around us. On *The Neurobiology of "We"* the founder of the emerging field known as interpersonal neurobiology presents a new model of human potential that he calls the mindbody-relationship connection. Building on more than two decades of scientific research, Siegel offers listeners an in-depth exploration of this new map of human consciousness; insights into how interpersonal experiences shape the developing mind and foster emotional well-being; details on the untapped power this connection holds for individual and societal transformation; and more.

## Book Information

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## Customer Reviews

Daniel J. Siegel, M.D. is a graduate of the Harvard Medical School, director of the Mindsight Institute, and co-director of the UCLA Mindful Awareness Research Center. Author of *The Developing Mind* (Guilford Press, 2001), he has conducted more than 65,000 lectures worldwide.

A psychiatric researcher and therapist delivers a poignant lesson on how early attachment experiences impact the neurological structures that shape the quality of our close adult relationships. Referencing both research and his own clinical experience, Siegel describes how four main attachment styles—secure, avoidant, anxious, and disorganized—are powerful starting points for understanding a host of relationship dilemmas and problems. This, along with fascinating observations about right- and left-brain thinking, makes this work a captivating

resource. Siegel's comfortable delivery is both measured and spontaneous. With the help of an intimate microphone setup that helps the material appeal to the heart as well as the mind, the author's clear and pleasing voice makes these concepts easy to savor and absorb. T.W. Â© AudioFile 2008, Portland, Maine

For anyone who would like a wonderful experience into the workings of the social and internal mind/brain/relationship process. This is an excellent audio book by: Daniel Siegel, MD. Not only is it an excellent listen for the professional but anyone who is interested in learning the neuroscience of relationship. Sounds technical? A bit but Dan ties the pieces of science to a working - in the world of relationship model - together. His voice is captivating and I felt connected to him and the information right away. It is a must read for anyone in the professional world of Psychiatry and Psychology as well as teachers or any kind. This has no far reaching limits to who can benefit. If you want to be more effective about the impact you have on people you meet - as you heal the ways in which people affected you along the way - how these experiences actually create who we become - then this book is for you.

Dan Siegel has done an elegant job of explaining in a very non-pedantic style, the integration the current theories of brain function, the mind, attachment, and mindfulness. I strongly recommend this to all who want to discover how we become who we are - and how we CAN change. This seminar is not only a treat for experienced psychotherapists, but should be required material in all high school health curriculum. This review is 5 stars - not 4 as shown (that was a typing error).

This is a wonderful program! If you are into learning about the interaction of the brain and relationships this will give you a ton of information. Dan is an excellent communicator and brilliant scientist. Caution this is not for the light listener. You need to seriously want to learn about this, because it is a lot of information.

I am very happy with my purchase. The author is engaging in his easy conversational tones for delivery, bringing amusing imagery to his examples. He has a knack for explaining very complicated ideas that the average listener can follow and understand (most of the time). Yet the details are technical enough that I believe professionals who work in fields related to human behavior can gain useful insights as well. I have listened to the CD's once and learned quite a bit about how the brain functions, how it develops, and how critical this is to our behavior and how we interact in the world. I

am glad I own the CDs as it is something I look forward to listening to again and again, gaining additional insights and a greater understanding of the subject with each listen, and sharing the CDs (and ideas) with others.

I listened straight through all discs in the series. It is a well-organized, engaging introduction to interpersonal neurobiology. I found it helpful to re-listen to parts, especially when learning new terms or trying to picture what he was describing. Understandable, enjoyable and educational. Loved it and would recommend it to anyone wanting a general understanding of the new brain science.

This is a wonderful example of an integration of several disciplines of science, both new and ancient. Siegel is doing it in a coherent way. By that I mean that he is presenting the topic as an integrated theory or concept, while the theory itself has integration in its core.

can be thick at times - but well worth it for the insight into the human brain

This is a must read for people struggling with changing destructive behavioral patterns especially those behaviors resulting from trauma. The author makes advances in neurobiology very understandable and even entertaining.

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