

Emotional Life Your Brain Richard J Davidson

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what is your emotional fingerprint why are some people so quick to recover from setbacks why are some so attuned to others that they seem psychic why are some people always up and others always down in his thirty year quest to answer these questions pioneering neuroscientist richard j davidson discovered that each of us has an emotional style composed of resilience outlook social intuition self awareness sensitivity to context and attention where we fall on these six continuums determines our own emotional fingerprint sharing dr davidson s fascinating case histories and experiments the emotional life of your brain offers a new model for treating conditions like autism and depression as it empowers us all to better understand ourselves and live more meaningful lives

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

essentials of cognitive neuroscience introduces and explicates key principles and concepts in cognitive neuroscience in such a way that the reader will be equipped to critically evaluate the ever growing body of findings that the field is generating for some students this knowledge will be needed for subsequent formal study and for all readers it will be needed to evaluate and interpret reports about cognitive neuroscience research that make their way daily into the news media and popular culture the book seeks to do so in a style that will give the student a sense of what it's like to be a cognitive neuroscientist when confronted with a problem how does one proceed how does one read and interpret research that's outside of one's sub area of specialization how do two scientists advancing mutually incompatible models interrelate most importantly what does it feel like to partake in the wonder and excitement of this most dynamic and fundamental of sciences

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 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

an accessible review of genetic and neuroimaging research that explains what determines intelligence and how we might enhance it

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 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

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