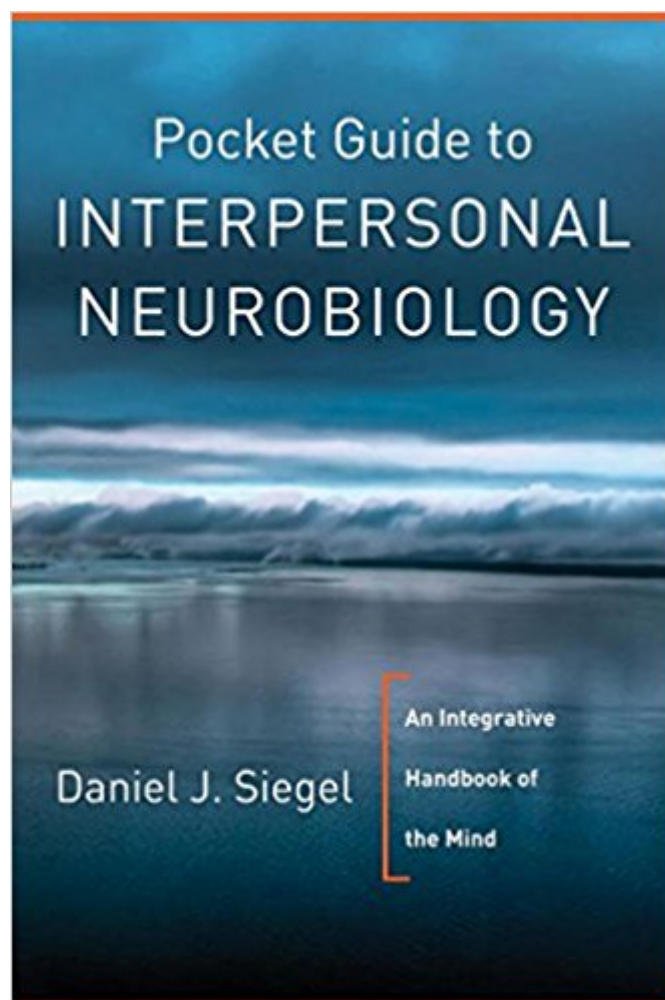




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# **Pocket Guide To Interpersonal Neurobiology: An Integrative Handbook Of The Mind (Norton Series On Interpersonal Neurobiology)**





## Synopsis

The central concepts of the theory of interpersonal neurobiology. Many fields have explored the nature of mental life from psychology to psychiatry, literature to linguistics. Yet no common framework where each of these important perspectives can be honored and integrated with one another has been created in which a person seeking their collective wisdom can find answers to some basic questions, such as, What is the purpose of life? Why are we here? How do we know things, how are we conscious of ourselves? What is the mind? What makes a mind healthy or unwell? And, perhaps most importantly: What is the connection among the mind, the brain, and our relationships with one another? Our mental lives are profoundly relational. The interactions we have with one another shape our mental world. Yet as any neuroscientist will tell you, the mind is shaped by the firing patterns in the brain. And so how can we reconcile this tension that the mind is both embodied and relational? Interpersonal Neurobiology is a way of thinking across this apparent conceptual divide. This Pocket Guide to Interpersonal Neurobiology is designed to aid in your personal and professional application of the interpersonal neurobiology approach to developing a healthy mind, an integrated brain, and empathic relationships. It is also designed to assist you in seeing the intricate foundations of interpersonal neurobiology as you read other books in the Norton Series on Interpersonal Neurobiology.

Praise for Daniel J. Siegel's books:

- Siegel is a must-read author for anyone interested in the science of the mind.
- Daniel Goleman, author of *Social Intelligence: The New Science of Human Relationships* stands out for its skillful weaving together of the interpersonal, the inner world, the latest science, and practical applications.
- Jack Kornfield, PhD, founding teacher of the Insight Meditation Society and Spirit Rock Center, and author of *A Path With Heart* Siegel has both a meticulous understanding of the roles of different parts of the brain and an intimate relationship with mindfulness . . . [A]n exciting glimpse of an uncharted territory of neuroscience.
- Scientific American Mind Dr. Daniel Siegel is one of the most thoughtful, eloquent, scientifically solid and reputable exponents of mind/body/brain integration in the world today.
- Jon Kabat-Zinn, PhD, author of *Wherever You Go, There You Are*, *Full Catastrophe Living*, and *Coming to Our Senses*

## Book Information

Series: Norton Series on Interpersonal Neurobiology

Paperback: 560 pages

Publisher: W. W. Norton & Company; First Edition edition (April 2, 2012)

Language: English

ISBN-10: 039370713X

ISBN-13: 978-0393707137

Product Dimensions: 5.6 x 1 x 8.3 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 72 customer reviews

Best Sellers Rank: #39,069 in Books (See Top 100 in Books) #48 in Books > Textbooks > Social Sciences > Psychology > Neuropsychology #107 in Books > Medical Books > Psychology > Neuropsychology #127 in Books > Medical Books > Psychology > Psychotherapy, TA & NLP

## Customer Reviews

“The book is a fascinating and lively guide, which engages the reader on many levels . . . . You can turn to any page of the book and find an access point to explore a web of integrated knowledge.” - Journal of Analytical Psychology (UK)

“Many have explored the nature of mental life, yet no interdisciplinary approach has existed to address its issues or even define what the mind is. This book offers a new way of assessing how the mind works.” - Midwest Book Review

“Siegel’s book does an amazing job reflecting his vast knowledge of how our brains and our relationships interact to shape our lives.” - PsychCentral

Daniel J. Siegel, MD is a graduate of Harvard Medical School and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent, and adult psychiatry. He is currently a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of UCLA’s Mindful Awareness Research Center, founding co-investigator at the UCLA Center for Culture, Brain and Development, and executive director of the Mindsight Institute, an educational center devoted to promoting insight, compassion, and empathy in individuals, families, institutions, and communities. Dr. Siegel’s psychotherapy practice spans thirty years, and he has published extensively for the professional audience. He serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which includes over three dozen textbooks. Dr. Siegel’s books include Mindsight, Pocket Guide to Interpersonal Neurobiology, The Developing Mind, Second Edition, The Mindful Therapist, The Mindful Brain, Parenting from the Inside Out (with Mary Hartzell, M.Ed.), and the three New York Times bestsellers: Brainstorm, The Whole-Brain Child (with Tina Payne Bryson, Ph.D.), and his latest No-Drama Discipline (with Tina Payne Bryson, Ph.D.). He has been invited to lecture for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and TEDx. For more information about his educational programs

and resources, please visit: [www.DrDanSiegel.com](http://www.DrDanSiegel.com).

This book is organized to have three hierarchical levels of division. Each level can be viewed as being an interconnected network of topics. Each node within the network provides entry to a separate topic. The first level of the network is the book's individual 43 short chapters. The second level comprises 158 topics. These topics are listed at the very end of the book in a section titled Nodal Network. The third level has almost 400 nodes. These are keywords which link to the book's extensive annotated glossary. These keywords include all secondary nodes, plus about 240 additional concepts or processes. Dan Siegel views these other 240 network nodes as providing background for understanding. From the point of view of someone who is not familiar with neurological research like me, these additional 240 concepts are absolute necessities. Without understanding them, much of the chapter text would be incomprehensible. For me the tertiary level of organization is necessary to getting a reward from this book. A Kindle makes easy the task of moving from text to glossary; and back again. The procedure is: When reading a chapter I encounter a keyword that I don't understand. Using the moving cursor I select the keyword and push the "Enter" key. Rapidly the screen changes. At the top of the new screen is a glossary explanation for the keyword. After reading the explanation, I press the "Back" key to return to the chapter text I am reading. This process provides an almost seamless experience of reading. In this way I match my reading of each sentence to my current ability to understand. An expert might seldom need to use glossary entries. In contrast I often use glossary explanations. The choice is yours. Easy availability of glossary explanations allows Daniel Siegel to write each chapter concisely, so as to focus on key issues. The content of this book challenges my understanding. I suspect that I am the type of reader for whom this book is written. Without understanding glossary explanations, I would be lost. Having that understanding, I mostly find this book a fascinating read. I wish to highlight another unusual feature about this book. The book's nodal network enables a reader to explore by starting reading at any chapter; at any of the 158 secondary nodes; or alternatively, by starting at any of the almost 400 glossary definitions. A reader can then follow a personally selected path, and go on any sidetrack needed to pursue a topic of immediate interest. In conclusion I wish to thank Daniel Siegel for his many efforts to bring an innovative body of research work to the general public. All of us have a mind which interconnects with other people; a mind which interconnects with body and with emotions. We each have a mind that better functions when fully integrated. This book provides understanding for how to foster that integration.

The layout of the book is as others have stated: a reflection of the networked reality of our neural selves. It is a masterful way to structure a book like this, and would be something that Einstein would likely be giddy over (being someone who believed that trail-blazing with the mind in innovative paths was the essence and inspiration of science, rather than textbook regurgitation). For the younger generation of neuroscientists & medical practitioners out there, I'll put it this way: it's structured as a "Choose Your Own Adventure Book" for the social brain. And as you will soon learn or be convinced of, there are no individual human brains in nature. Siegel demonstrates otherwise, integrating eloquent research and application of research findings from the likes of Cozolino, Porges, and Damasio into this fine text. The only thing that could make this better, is more evidence from more research that has not yet been done. But since time travel isn't possible, I recommend rolling with this. I'm even encouraged that this could have significant clinical relevance, given the praise it's received from friends.

This book is truly ingenious. Dr. Siegel arranged the chapters to be used independently (i.e. no need to read each chapter sequentially) of each other. However, these chapters have indicators as to their interrelatedness. In other words, the layout conveys Dr. Siegel's central message of how the mind stores / maps information and how this information is interrelated. If you don't read the introduction, you may find it challenging to fully utilize the book's information. If you are looking for the traditional sequential lay-out, you will be disappointed. However, if you want to get a deeper understanding of how our mind stores, incorporates and utilizes information, you will be delighted. It is an intriguing concept to present information in a manner consistent with the book's central message of how the mind receives, arranges and utilizes information. I couldn't put it down after getting it yesterday. It is NOT your average book and will challenge you from the minute you begin to read it. Vielen Dank! Cathy W. LMFT, CADC

If you are interested in learning more about the concept of mind and why it matters to actually understand it, then this book is an invaluable reference for you. Admittedly, I am a fan of Daniel Siegel's work and like I mentioned in the subject line of this review, I find his insights into the mind enlightening. I gave this book five stars based on the value of the topic, ease of comprehension, and practical layout. I already touched upon the nature of the topic; the field of interpersonal neurobiology truly is a remarkable approach to first defining the mind (apparently a practice avoided or believed to be impossible/unnecessary) and subsequently building a cogent framework for the rest of the phenomena of mind, energy, and information processes to be understood. Ease of

comprehension is critical in allowing non-experts, like myself and most of you, to effectively integrate ;) the information that lies within this 500+ page guide; Daniel Siegel makes the wise decision of carefully defining all key terms. Furthermore, these terms are organized in two different ways that allow for a truly "pocket guide" experience that need not a substantial investment of time to learn something of great use. Daniel Siegel makes use of an annotated index which serves as a glossary and index of sorts, followed by a nodal index which lists the key terms as they first appear with corresponding terms that are interrelated in the network of facts and concepts, allowing one to guide their learning based on whatever their inclination is at that moment. I do not have any qualms about this book. And though I have not dissected it completely, I'm sure I will never feel disappointed with any of the areas that have led to my appreciation of it up to now.

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