

The Emotional Brain

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The Cognitive-Emotional Brain
The Emotional Brain
Emotional Confidence: Simple Steps to Build Your Confidence
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The Emotional Brain Revisited
The Feeling Brain
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The Emotional Brain and the Guilty Mind
Unlocking the Emotional Brain
The Medical Brief
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The Selfcreating Mind
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Jason Dyer
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what happens in our brains to make us feel fear love hate anger joy do we control our emotions or do they control us do animals have emotions how can traumatic experiences in early childhood influence adult behavior even though we have no conscious memory of them in the emotional brain joseph ledoux investigates the origins of human emotions and explains that many exist as part of complex neural systems that evolved to enable us to survive one of the principal researchers profiled in daniel goleman s emotional intelligence ledoux is a leading authority in the field of neural science in this provocative book he explores the brain mechanisms underlying our emotions mechanisms that are only now being revealed

a study that goes beyond the debate over functional specialization to describe the ways that emotion and cognition interact and are integrated in the brain the idea that a specific brain circuit constitutes the emotional brain and its corollary that cognition resides elsewhere shaped thinking about emotion and the brain for many years recent behavioral neuropsychological neuroanatomy and neuroimaging research however suggests that emotion interacts with cognition in the brain in this book luiz pessoa moves beyond the debate over functional specialization describing the many ways that emotion and cognition

interact and are integrated in the brain the amygdala is often viewed as the quintessential emotional region of the brain but Pessoa reviews findings revealing that many of its functions contribute to attention and decision making critical components of cognitive functions he counters the idea of a subcortical pathway to the amygdala for affective visual stimuli with an alternate framework the multiple waves model citing research on reward and motivation Pessoa also proposes the dual competition model which explains emotional and motivational processing in terms of their influence on competition processes at both perceptual and executive function levels he considers the broader issue of structure function mappings and examines anatomical features of several regions often associated with emotional processing highlighting their connectivity properties as new theoretical frameworks of distributed processing evolve Pessoa concludes a truly dynamic network view of the brain will emerge in which emotion and cognition may be used as labels in the context of certain behaviors but will not map cleanly into compartmentalized pieces of the brain

happy sad angry glad why do we cry when we're ecstatic or mad a fascinating look at the science of emotion emotions can be a pain after his father died of COVID Dean Burnett found himself wondering what it would be like to live without emotion and so he decided to put his feelings under the microscope for science with his trademark humour Burnett takes us on an incredible journey of discovery stretching from the origins of life to the ends of the universe along the way he reveals why we would ever follow our gut whether things really were better in the old days why it's so hard to stop doomscrolling how sad music can make us happier why we can't think straight when hungry the point of nightmares and why it is virtually impossible to forget embarrassing memories

knowing how our feelings work allows us to tame our temperament Gael Lindenfield takes the latest research into the body mind behaviour cycle and explores how we can control our body mind and behaviour to have healthy relationships happy selves and successful working lives

do you want to delve into the convoluted nature of emotions and discover where they really come from did you know what you can convert your anxiety stress and depression into positive emotions want to learn how to transform negativity into a renewed zest for life then keep reading stress anxiety and depression can be a constant drain on your life sapping away your appreciation for living and creating a constant source of emotional issues but what if there was a way to hack into your brain and transform these negative emotions into something that will reignite your passion for life and rekindle your inner fire this incredible and thought provoking guide explores the world of emotions inside you'll find a detailed breakdown of empathy and what it means to be an empath along with how you can protect yourself from negativity and thrive in the modern world here's what you'll discover inside uncovering empathy and what it means to be an empath the top characteristics of an empath and how to know if you are one practical ways to survive and thrive in the modern world the 13 rules of intelligence and why they're important

understanding narcissism and how to protect yourself from it common red flags to identify a narcissist the best things to do if you're stuck in a relationship with a narcissist and much more combining the latest findings in the realm of emotions with practical ways to deal with the narcissists in your life the emotional brain contains a wealth of profound ideas and insights that will completely transform the way you look at empathy and narcissism uncover the true nature of emotions and discover how to transform your anxiety into a new appreciation for life buy now to begin rekindling your passion for life today

this book deals with the results of theoretical and experimental studies of the emotions which my colleagues and i carried out over the last two decades an interest in the psychology of emotions prompted us to undertake an analysis of the creative legacy of k s stanislavsky a result of this analysis was the book the method of k s stanislavsky and the physiology of emotions written in 1955 1956 and published by the academy of sciences of the ussr in 1962 i am grateful to the first reader and critic of the manuscript leon abgarovich orbeli in 1960 having transferred to the institute of higher nervous activity and neurophysiology of the academy of sciences of the ussr i had the opportunity to conduct experiments on problems that had interested me for a long time in close scientific association with peter mikhailovich ershov director and teacher of theater i began a systematic study of the involuntary and electrophysiological shifts in actors during voluntary production of various emotional states here comparatively quickly we became convinced that the fruitfulness of such studies rests on an absence of any kind of developed systematic and sound general theory of the emotions of man and the higher mammals we will illustrate our difficulties if only with one example we had frequently read of the so called emotional memory

the emotional brain revisited tackles various issues at play in the current neuroscientific psychological and philosophical research on emotions the book discusses such topics as the role of amygdala in the emergence of emotions the place of the affect within the psychological construction of the agent insights from the research on emotions in animals and the relation between emotions rationality morality and law furthermore various conceptual controversies underlying the empirical studies on emotions are considered subject philosophy psychology cognitive science

a reader friendly exploration of the science of emotion after years of neglect by both mainstream biology and psychology the study of emotions has emerged as a central topic of scientific inquiry in the vibrant new discipline of affective neuroscience elizabeth johnston and leah olson trace how work in this rapidly expanding field speaks to fundamental questions about the nature of emotion what is the function of emotions what is the role of the body in emotions what are feelings and how do they relate to emotions why are emotions so difficult to control is there an emotional brain the authors tackle these questions and more in this tasting menu of cutting edge emotion research they build their story around the path breaking 19th century works of biologist charles darwin and

psychologist and philosopher william james james s 1884 article what is an emotion continues to guide contemporary debate about minds brains and emotions while darwin s treatise on the expression of emotions in animals and humans squarely located the study of emotions as a critical concern in biology throughout their study johnston and olson focus on the key scientists whose work has shaped the field zeroing in on the most brilliant threads in the emerging tapestry of affective neuroscience beginning with early work on the brain substrates of emotion by such workers such as james papez and paul maclean who helped define an emotional brain they then examine the role of emotion in higher brain functions such as cognition and decision making they then investigate the complex interrelations of emotion and pleasure introducing along the way the work of major researchers such as antonio damasio and joseph ledoux in doing so they braid diverse strands of inquiry into a lucid and concise introduction to this burgeoning field and begin to answer some of the most compelling questions in the field today how does the science of normal emotion inform our understanding of emotional disorders to what extent can we regulate our emotions when can we trust our emotions and when might they lead us astray how do emotions affect our memories and vice versa how can we best describe the relationship between emotion and cognition johnston and olson lay out the most salient questions of contemporary affective neuroscience in this study expertly situating them in their biological psychological and philosophical contexts they offer a compelling vision of an increasingly exciting and ambitious field for mental health professionals and the interested lay audience as well as for undergraduate and graduate students

do you want to delve into the convoluted nature of emotions and discover where they really come from did you know what you can convert your anxiety stress and depression into positive emotions want to learn how to transform negativity into a renewed zest for life then keep reading stress anxiety and depression can be a constant drain on your life sapping away your appreciation for living and creating a constant source of emotional issues but what if there was a way to hack into your brain and transform these negative emotions into something that will reignite your passion for life and rekindle your inner fire this incredible and thought provoking guide explores the world of emotions inside you ll find a detailed breakdown of empathy and what it means to be an empath along with how you can protect yourself from negativity and thrive in the modern world here s what you ll discover inside uncovering empathy and what it means to be an empath the top characteristics of an empath and how to know if you are one practical ways to survive and thrive in the modern world the 13 rules of intelligence and why they re important understanding narcissism and how to protect yourself from it common red flags to identify a narcissist the best things to do if you re stuck in a relationship with a narcissist and much more combining the latest findings in the realm of emotions with practical ways to deal with the narcissists in your life the emotional brain contains a wealth of profound ideas and insights that will completely transform the way you look at empathy and narcissism uncover the true nature of emotions and discover how to transform your anxiety into a new appreciation for life scroll up and buy now to begin rekindling your passion for life today

this book seeks to reframe the normative narrative of the culpable person in american criminal law through a more humanising lens it embraces such a reframed narrative to revise the criteria of the current voluntarist architecture of culpability and to advance a paradigm of punishment that positions social rehabilitation as its core principle the book constructs this narrative by considering behavioural and neuroscientific insights into the functions of emotions and socio environmental factors within moral behaviour in social settings hence it suggests culpability notions that reflect a more contextualised view of human conduct and argues that such revised notions are better suited to the principle of personal guilt furthermore it suggests a model of punishment that values the dynamic power of change of individuals and acknowledges the importance of social relationships and positive environments to foster patterns of social re integration ultimately this book argues that the potential adoption of the proposed models of culpability and punishment which view people through a more comprehensive lens may be a key factor for turning criminal justice into a less punitive more inclusionary and non stigmatising system

unlocking the emotional brain offers psychotherapists and counselors methods at the forefront of clinical and neurobiological knowledge for creating profound change regularly in day to day practice

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

in this ambitious and imaginative work noted social and biological theorist graeme donald snooks explores the origin development and role of the self conscious mind he does so by employing a realist general dynamic theory his celebrated dynamic strategy theory based on a large scale systematic observation of the broad patterns of life and human society the outcome of this exploration is the discovery of the selfcreating mind the mind that created itself through the response of countless organisms to the ever changing demands of their dynamic societies they are driven to do so by the need to survive and prosper which snooks calls strategic desire the shaping force of all animal instincts the selfcreating mind which displaces the mind hypothesized by psychoanalytic darwinian and complexity

theorists provides a new perspective on human nature the origin nature and purpose of the self conscious mind the reasons for its continuing breakdown in a significant minority of the population and on the surest road to mental recovery it also explores questions about the future of brain genetics artificial intelligence and the possible elimination of mental disorders read about graeme snooks the collapse of darwinism or the rise of a realist theory of life available from lexington books

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