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Pocket Guide To Interpersonal Neurobiology

Walking us through the intricate foundations of interpersonal neurobiology, Siegel allows us to see the personal and professional applications of this exciting new approach to developing a healthy mind, an integrated brain, and empathic relationships. What readers are saying about Pocket Guide to IPNB:

Pocket Guide to Interpersonal Neurobiology - Dr. Dan Siegel

This "pocket guide" reads like an undergraduate textbook for clinical psychologists, but it's wonderfully organized and satisfyingly comprehensive. What Siegel has done is impressive: bringing together the research of neurologists, psychologists, psychotherapists, philosophers, etc. and demonstrating consilience, to bring them under the umbrella term "interpersonal neurobiology".

Pocket Guide to Interpersonal Neurobiology: An Integrative ...

The Pocket Guide to Interpersonal Neurobiology was written to aid both personal and professional use of 'interpersonal neurobiology.' This approach recognizes an integrated brain, which creates our sense of 'self' and 'others' and the empathic relationships we create throughout our lives.

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The central concepts of the theory of interpersonal neurobiology., Pocket Guide to Interpersonal Neurobiology, An Integrative Handbook of the Mind, Daniel J Siegel, 9780393707137

Pocket Guide to Interpersonal Neurobiology | Daniel J ...

The Pocket Guide to Interpersonal Neurobiology is a streamlined compilation of the Norton Series on Interpersonal Neurobiology (IPNB), which use multidisciplinary views to help understand the human mind. The objective of this relatively new field is to study "the ways in which relationships and the brain interact to shape our mental lives" and "is meant to convey the embracing of ...

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