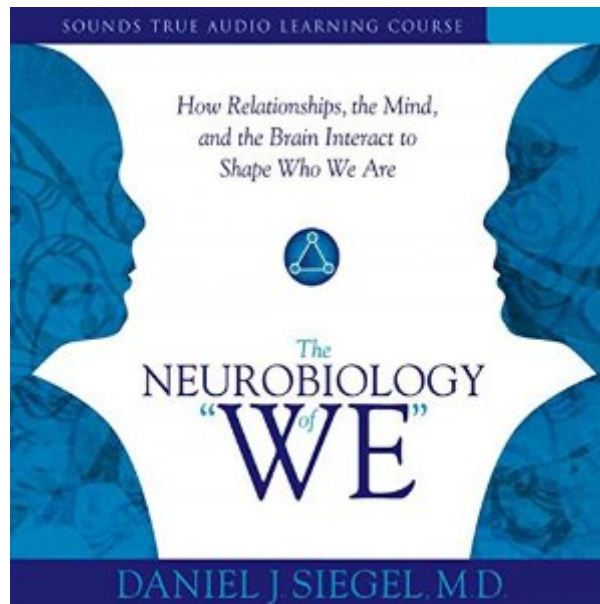


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# The Neurobiology Of 'We': How Relationships, The Mind, And The Brain Interact To Shape Who We Are



## Synopsis

If you think your brain and mind are one, think again. According to the interpersonal neurobiology pioneer Daniel J. Siegel, the mind actually emerges out of the interaction between your brain and relationships. Now, with *The Neurobiology of "We"*, Dr. Siegel invites you on a journey to discover this revolutionary new model of human development - one that can positively transform trauma, move you from stress to calm and equanimity, and promote well-being for you, your family, or even your community.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 9 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: September 26, 2011

Language: English

ASIN: B005PJVYTW

Best Sellers Rank: #18 in Books > Science & Math > Physics > Quantum Theory #21 in Books > Audible Audiobooks > Science > Physics #103 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

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 course is worth its weight in gold for those who want to integrate the biology of the nervous system with their own life experiences. Transpiration as defined herein is a destination for all of us. It takes 8 hours of listening carefully to fully understand what transpiration embodies, but the return on your 8 hours is an insight into eternity. A great investment. Lawrence M. Nelson, MD, MBA Research Gynecologist Specialist in Integrative Reproductive Medicine Federal Liaison to Rachel's Well, Inc.[...]

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.

In this seven-disk lecture series, Dr. Daniel Siegel does a wonderful job of explaining the ins and outs of interpersonal neurobiology in a compelling and easy-to-understand manner. I highly recommend this resource.

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.

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.

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.

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.

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