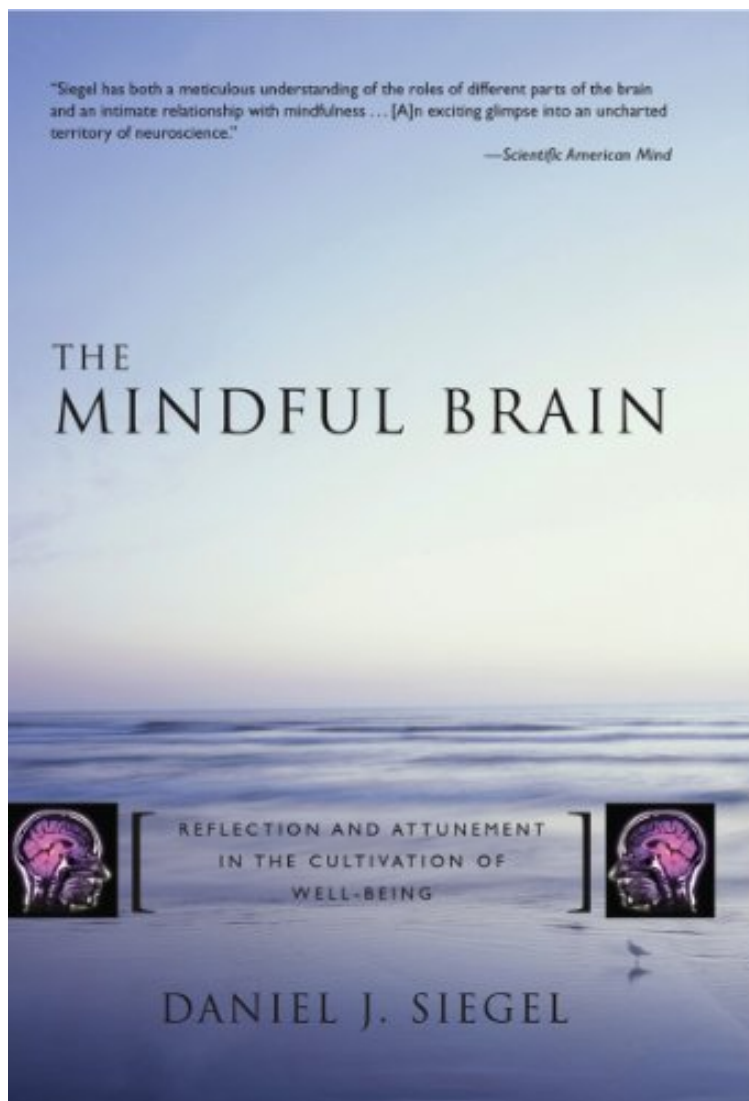


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The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being



Par Daniel J. Siegel
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Brain: Reflection and Attunement in the
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Description : Description du produitMost of us who meditate have probably wondered, "Is this really helping me?" On The Mindful Brain, the co-director of UCLA's Mindful Awareness Research Center offers conclusive evidence that it does, and why meditation can become the single greatest source of equilibrium and clarity in your life. Weaving new scientific studies with insights from his direct experience, Daniel J. Siegel presents a four-CD audio course to help listeners understand the profound influence that a focused mind offers for physical, mental, and social well-being. Listeners join this pioneer of the neurobiology of human consciousness to explore: * How mind training and the long-term states it creates radically affect our physiology and inner life * Attunement and mindfulness: how meditation transforms not only you, but your friends, co-workers, and even entire communities * Curiosity, Openness, Acceptance, and Love--the

extraordinary effects of experiencing these four essential qualities simultaneously * How to foster greater emotional balance, physical health, body-based empathy, and deeper self-understanding The Mindful Brain is an enlightening program for clinicians, therapists, educators, and anyone interested in the powerful effects of mindful living.

Prsentation de l'diteurA new framework for maintaining mental health and well-being.From the author of the internationally-acclaimed best-selling text The Developing Mind, and esteemed leader and educator in the field of mental health, comes the first book ever to integrate neuroscience research with the ancient art of mindfulness. The result is a groundbreaking approach to not simply mental health, but life in general, which shows readers how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including greater well-being, resilience, emotional balance, and improved cardiac and immune function. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.From Publishers WeeklySiegel, co-director of the UCLA Mindful Awareness Center, blends personal experience with scientific research, attempting to capture the spiritual as well as the physiological phenomenon of "mindfulness"-or, in Siegel's acronym-speak, COAL: the state of simultaneous Curiosity, Openness, Acceptance and Love. Siegel's endeavor is timely and well-intentioned, but his is an elusive subject, and his text is peppered with confusing, semi-technical descriptions of mind-states (like meditation) and processes (like egocentric and allocentric circuitry) that frequently frustrate. Despite this, Siegel does introduce persuasive scientific evidence that meditation and the mindful state not only produce improvement in well-being, but also detectable physical changes in the brain, such as a thickening of the middle prefrontal lobes. He also introduces exotic new vocabulary, such as "ipseity," "the core sense of self beneath the usual personal identity." If the result of Siegel's marriage of medicine and mysticism is something of a muddle, he is to be commended for the effort, and his attitude toward science is unique in a medical doctor (tellingly, Siegel took a sabbatical from med school after being reprimanded for empathizing with his patients, rather than objectifying them, and used the time to pursue drawing and dancing). Though uneven and weighed down with too many acronyms, this is a notable science title that smartly combines the personal, the clinical and the spiritual. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.Prsentation de l'diteurA new framework for maintaining mental health and well-being.From the author of the internationally-acclaimed best-selling text The Developing Mind, and esteemed leader and educator in the field of mental health, comes the first book ever to integrate neuroscience research with the ancient art of mindfulness. The result is a groundbreaking approach to not simply mental health, but life in general, which shows readers how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including greater well-being, resilience, emotional balance, and improved cardiac and immune function. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.