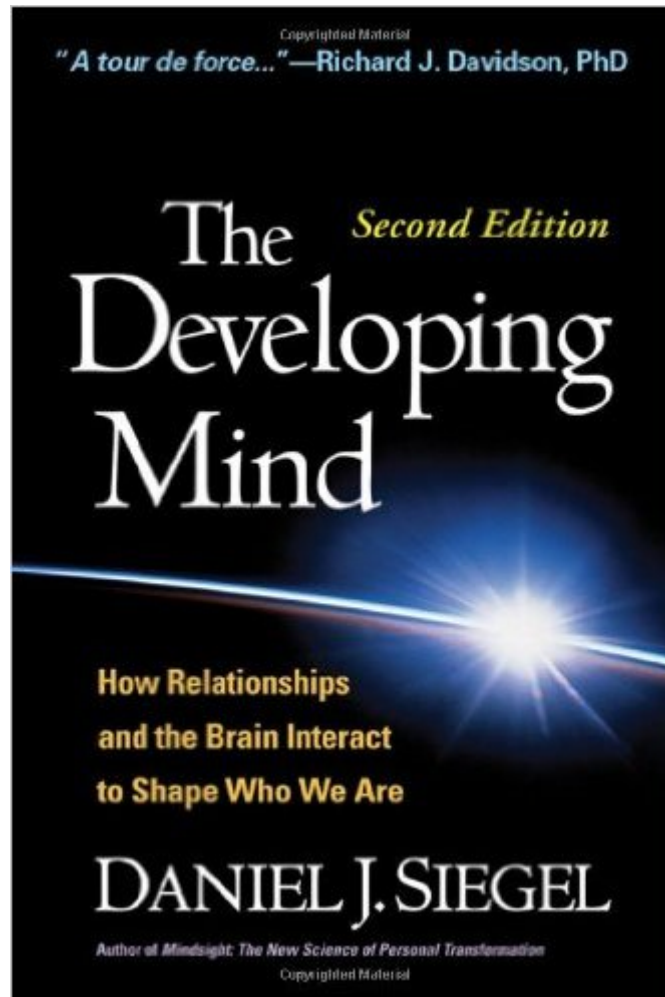


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# The Developing Mind, Second Edition: How Relationships And The Brain Interact To Shape Who We Are



## Synopsis

This bestselling book put the field of interpersonal neurobiology on the map for over 100,000 readers. Daniel J. Siegel goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development, exploring the role of interpersonal relationships in forging key connections in the brain. He presents a groundbreaking new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual. Illuminating how and why neurobiology matters, this book is essential reading for clinicians, educators, researchers, and students interested in promoting healthy development and resilience. Professors praise the book's utility in courses from developmental psychology and child development to neuroscience and counseling. • New to This Edition • Incorporates significant scientific and technical advances. • Expanded discussions of cutting-edge topics, including neuroplasticity, epigenetics, mindfulness, and the neural correlates of consciousness. • Useful pedagogical features: pull-outs, diagrams, and a glossary. • Epilogue on domains of integration--specific pathways to well-being and therapeutic change. •

## Book Information

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## Customer Reviews

30 years ago as an undergraduate I took neuroscience, and developmental psychology, So many unanswered questions, so much research to do. Fast Forward not only to 2000 ed1 but to 2012 2nd edition, and so much of the story has been filled in. The progress on Attachment Theory, and the knowledge from so many scientist, are foot noted in this excellent book. There are some places

where the author extends proposed frameworks but the underlying science makes those proposals cogent. This book has changed my concept of not only the developing mind, but of a concept of how I think of the mind, brain and experience of relationships.

I love reading about the brain but cannot read books that are pretentious or use language that only a Harvard PhD could understand. This is neither. It is quite simply an easy (but thick) book that really puts the brain into perspective and can actually teach you a thing or two or twenty about how the brain develops and what we need to do to make it work better for us. Highly recommend

The Developing Mind. This is a seminal work that pieces science and behavior together. Helpful for my Ph.D. research. All care giving professionals should read this book.

Excellent book! This is not for the easily distracted, late at nights reads, or a study guide after your second glass of wine. It's a serious, in your face, early morning and third cup of coffee serious clinician's book for understanding the neuroscience, neurobiology, and existential algorithms that translates into the thing we called the "mind." While it's not my first day on the job reading such texts, let's just say I very much appreciate the little gray bubbles that contains the one to two sentences that summarizes critical points. Just an excellent book!

Speaking as a clinical psychology doctoral student, I can say that Siegel's ideas and thesis are extremely relevant to our field right now. What is most refreshing is that although there is a primary focus on the neuroscience- level of explaining emotional well-being, Siegel does not commit what in my mind is the penultimate crime: reducing psychology to biology, or the mind to the brain. In the current neuro-wave we're experiencing, with the RDOC initiative set forth by Thomas Insel and the NIMH, it is vital to have voices like Siegel, taking a tempered interpretation on the mind, brain, and psychological well-being, as the pendulum swing swiftly towards the biological, reductionistic corner of explaining human behavior. This book was a strong motivator for me to pursue a doctoral degree, and I am currently in a neuroscience lab exploring some of the ideas Siegel presented. As I read the book, I literally created a lexicon of potential research ideas, which I refer back to frequently. There is a substantial trove of information that psychologists, neuroscientists, and anyone interested in joining the enterprise to scientifically investigate the mind can tap into to generate novel research. It's also a resource for anyone interested in learning more about themselves. It provides a novel lens to view the world, one's past experiences, and how to move

forward towards greater well-being. Even if you skip some of the denser, jargon-y neuroscience, you'll still be left with many useful pieces of advice for self-exploration. Without a doubt, a must read!

Easy to read information! It gave me insight into how important interpersonal interactions are to the brain. We can change our brains!

This was my introduction to D Siegal's writing, although I had seen him several times at workshops. I love this book and quickly gobbled it up. I know other mental health practitioners found it difficult. I read this book repeatedly and found it very informative.

Daniel Siegal's works are ever inspiring for those practitioners whose mind never stops thinking...why? This text goes beyond "the nature and nurture" dichotomy.

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