

Social Why Our Brains Are Wired To Connect

"Humans, like many other animals, are highly social species. But what exactly makes us social? How do our biological systems implement social behavior? And, in turn, how do these social processes impact our brain and biology? These are the questions that define the young field of social neuroscience, a field that combines the study of animal models and humans in order to understand the neural, hormonal, cellular, and genomic mechanisms underlying social processes and behaviors such as imitation, loneliness, empathy, and cooperation. Intended for advanced undergraduates and graduate students, this is the first textbook to provide a synthetic approach to social neuroscience. Here, students and scholars are introduced to the field by examining a growing body of evidence that shows that the nervous system cannot be understood without consideration of the social environments in which humans and many animal species live. The first three chapters introduce readers to the neurological basis for social behavior and the concept of the social brain. Chapters four through six discuss how mental states are communicated between people. And chapters seven through nine cover the neural roots of social interactions and group thought patterns. Ultimately, this book demonstrates how the brain mediates social behaviour and provides a foundational textbook for this nascent field"--

Many people assume that good communicators possess an intrinsic talent for speaking and listening to others, a gift that can't be learned or improved. The reality is that communication skills are developed with deliberate effort and practice, and learning to understand others and communicate your ideas more clearly will improve every facet of your life. Now in its third edition, *Messages* has helped thousands of readers cultivate better relationships with friends, family members, coworkers, and partners. You'll discover new skills to help you communicate your ideas more effectively and become a better listener. Learn how to: Read body language Develop skills for couples communication Negotiate and resolve conflicts Communicate with family members Handle group interactions Talk to children Master public speaking Prepare for job interviews If you can communicate effectively, you can do just about anything. Arm yourself with the interpersonal skills needed to thrive.

This highly visual social skills book uses computer metaphors and visual diagrams to help children on the autism spectrum to understand how their words and actions can affect other people. Easily identifiable computing and social networking metaphors are used to explain how memories are saved in the brain, like files in computer folders, and how, just as files can be shared and downloaded on the internet, people learn about you by sharing their positive and negative impressions with each other. The author explains why certain actions may be 'liked' or 'disliked' by others, and offers guidance on appropriate and inappropriate social behavior. This book also features photocopiable worksheets to reinforce the guidance and lessons offered in the book.

A comprehensive account of the neurobiological basis of language, arguing that species-specific brain differences may be at the root of the human capacity for language. Language makes us human. It is an intrinsic part of us, although we seldom think about it. Language is also an extremely complex entity with subcomponents responsible for its phonological, syntactic, and semantic aspects. In this landmark work, Angela Friederici offers a comprehensive account of these subcomponents and how they are integrated. Tracing the neurobiological basis of language across brain regions in humans and other primate species, she argues that species-specific brain differences may be at the root of the human capacity for language. Friederici shows which brain regions support the different language processes and, more important, how these brain regions are connected structurally and functionally to make language processes that take place in milliseconds possible. She finds that one particular brain structure (a white matter dorsal tract), connecting syntax-relevant brain regions, is present only in the mature human brain and only weakly present in other primate brains. Is this the "missing link" that explains humans' capacity for language? Friederici describes the basic language functions and their brain basis; the language networks connecting different language-related brain regions; the brain basis of language acquisition during early childhood and when learning a second language, proposing a neurocognitive model of the ontogeny of language; and the evolution of language and underlying neural constraints. She finds that it is the information exchange between the relevant brain regions, supported by the white matter tract, that is the crucial factor in both language development and evolution.

The complexities of the brain and nervous system make neuroscience an inherently interdisciplinary pursuit, one that comprises disparate basic, clinical, and applied disciplines. Behavioral neuroscientists approach the brain and nervous system as instruments of sensation and response; cognitive neuroscientists view the same systems as a solitary computer with a focus on representations and processes. The *Oxford Handbook of Social Neuroscience* marks the emergence of a third broad perspective in this field. Social neuroscience emphasizes the functions that emerge through the coaction and interaction of conspecifics, the neural mechanisms that underlie these functions, and the commonality and differences across social species and superorganismal structures. With an emphasis on the neural, hormonal, cellular, and genetic mechanisms underlying social behavior, social neuroscience places emphasis on the associations and influences between social and biological levels of organization. This complex interdisciplinary perspective demands theoretical, methodological, statistical, and inferential rigor to effectively integrate basic, clinical, and applied perspectives on the nervous system and brain. Reflecting the diverse perspectives that make up this field, *The Oxford Handbook of Social Neuroscience* brings together perspectives from across the sciences in one authoritative volume.

A landmark insider's tour of how social media affects our decision-making and shapes our world in ways both useful and dangerous, with critical insights into the social media trends of the 2020 election and beyond "The book might be described as prophetic. . . . At least two of Aral's three predictions have come to fruition."—New York NAMED ONE

OF THE BEST BOOKS OF THE YEAR BY WIRED • LONGLISTED FOR THE PORCHLIGHT BUSINESS BOOK AWARD Social media connected the world—and gave rise to fake news and increasing polarization. It is paramount, MIT professor Sinan Aral says, that we recognize the outsize effect social media has on us—on our politics, our economy, and even our personal health—in order to steer today's social technology toward its great promise while avoiding the ways it can pull us apart. Drawing on decades of his own research and business experience, Aral goes under the hood of the most powerful social networks to tackle the critical question of just how much social media actually shapes our choices, for better or worse. He shows how the tech behind social media offers the same set of behavior influencing levers to everyone who hopes to change the way we think and act—from Russian hackers to brand marketers—which is why its consequences affect everything from elections to business, dating to health. Along the way, he covers a wide array of topics, including how network effects fuel Twitter's and Facebook's massive growth, the neuroscience of how social media affects our brains, the real consequences of fake news, the power of social ratings, and the impact of social media on our kids. In mapping out strategies for being more thoughtful consumers of social media, *The Hype Machine* offers the definitive guide to understanding and harnessing for good the technology that has redefined our world overnight.

A breakthrough work in neuroscience--and an incisive corrective to a long history of damaging pseudoscience--that finally debunks the myth that there is a hardwired distinction between male and female brains We live in a gendered world, where we are ceaselessly bombarded by messages about sex and gender. On a daily basis, we face deeply ingrained beliefs that sex determines our skills and preferences, from toys and colors to career choice and salaries. But what does this constant gendering mean for our thoughts, decisions and behavior? And what does it mean for our brains? Drawing on her work as a professor of cognitive neuroimaging, Gina Rippon unpacks the stereotypes that surround us from our earliest moments and shows how these messages mold our ideas of ourselves and even shape our brains. By exploring new, cutting-edge neuroscience, Rippon urges us to move beyond a binary view of the brain and to see instead this complex organ as highly individualized, profoundly adaptable and full of unbounded potential. Rigorous, timely and liberating, *Gender and Our Brains* has huge implications for women and men, for parents and children, and for how we identify ourselves.

A pioneering neuroscientist argues that we are more than our brains To many, the brain is the seat of personal identity and autonomy. But the way we talk about the brain is often rooted more in mystical conceptions of the soul than in scientific fact. This blinds us to the physical realities of mental function. We ignore bodily influences on our psychology, from chemicals in the blood to bacteria in the gut, and overlook the ways that the environment affects our behavior, via factors varying from subconscious sights and sounds to the weather. As a result, we alternately overestimate our capacity for free will or equate brains to inorganic machines like computers. But a brain is neither a soul nor an electrical network: it is a bodily organ, and it cannot be separated from its surroundings. Our selves aren't just inside our heads -- they're spread throughout our bodies and beyond. Only once we come to terms with this can we grasp the true nature of our humanity.

THE INSTANT SUNDAY TIMES BESTSELLER Anil Seth's radical new theory of consciousness challenges our understanding of perception and reality, doing for brain science what Dawkins did for evolutionary biology. 'A brilliant beast of a book. Seth proposes to explain not just what and how we are, but why we are the way we are. Hugely inspirational.' DAVID BYRNE 'Insightful and profound. The nature of consciousness is still one of the hardest problems in science, but Anil Seth brings us closer than ever before to the answer. This a hugely important book.' JIM AL-KHALILI 'Anil Seth thinks clearly and sharply on one of the hardest problems of science and philosophy, cutting through weeds with a scientist's mind and a storyteller's skill.' ADAM RUTHERFORD 'Seth provokes us to think about thinking . . . readable, relatable, and gripping.' ALEX GARLAND, director of Ex Machina 'Amazing . . . a brilliant read.' RUSSELL BRAND 'An exhilarating book: a vast-ranging, phenomenal achievement that will undoubtedly become a seminal text.' GAIA VINCE, GUARDIAN (Book of the Day) 'Lucid, engaging.' NEW STATESMAN 'One of the most important books of 2021.' FIVE BOOKS Being You is not as simple as it sounds. Somehow, within each of our brains, billions of neurons work to create our conscious experience. How does this happen? Why do we experience life in the first person? After over twenty years researching the brain, world-renowned neuroscientist Anil Seth puts forward a radical new theory of consciousness and self. His unique theory of what it means to 'be you' challenges our understanding of perception and reality and it turns what you thought you knew about yourself on its head. 'A fascinating book. A joy to read. Anil Seth explores fundamental questions about consciousness and the self from the perspective of a philosophically-informed neuroscientist. Highly recommended.' NIGEL WARBURTON 'Offers us new cause for astonishment and wonder . . . a must-read for anyone seeking a better understanding of the brain and how nature sculpts the human experience.' ANNAKA HARRIS, author of *Conscious* 'Few people are as well positioned as Anil Seth to tackle the question of consciousness. Beautifully written, crystal clear, deeply insightful.' DAVID EAGLEMAN, Pulitzer Prize-nominated author of *Livewired* 'Truly compelling.' PROFESSOR KARL FRISTON, Universty College London 'A wonderfully accessible and comprehensive account of how our minds capture the world, and how that makes us who we are.' SEAN CARROLL, author of *Something Deeply Hidden* Why are we influenced by the behaviour of complete strangers? Why does the brain register similar pleasure when I perceive something as 'fair' or when I eat chocolate? Why can we be so profoundly hurt by bereavement? What are the evolutionary benefits of these traits? The young discipline of 'social cognitive neuroscience' has been exploring this fascinating interface between brain science and human behaviour since the late 1990s. Now one of its founding pioneers, Matthew D. Lieberman, presents the discoveries that he and fellow researchers have made. Using fMRI scanning and a range of other techniques, they have been able to see that the brain responds to social pain and pleasure the same way as physical pain and pleasure; and that unbeknown to ourselves, we are constantly 'mindreading' other people so that we can fit in with them. It is clear that our brains are designed to respond to and be influenced by others. For good evolutionary reasons, he argues, we are wired to be social. The implications are numerous and profound. Do we have to rethink what we understand by identity, and free will? How can managers improve the way their teams relate and perform? Could we organize large social institutions in ways that would work far better? And could there be whole new methods of education?

First released in the Spring of 1999, *How People Learn* has been expanded to show how the theories and insights from the original book can translate into actions and practice, now making a real connection between classroom activities and learning behavior. This edition includes far-reaching suggestions for research that could increase the impact that classroom teaching has on actual learning. Like the original edition, this book offers exciting new research about the mind and the brain that provides answers to a number of compelling questions. When do infants begin to learn? How do experts learn and how is this different from non-experts? What can teachers and schools do—with curricula, classroom settings, and teaching methods—to help children learn most effectively? New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb. *How People Learn* examines these findings and their implications for what we teach, how we teach it, and how we assess what our children learn. The book uses exemplary teaching to illustrate how approaches based on what we now know result in in-depth learning. This new knowledge calls into question concepts and practices firmly entrenched in our current education system. Topics include: How learning actually changes the physical structure of the brain. How existing knowledge affects what people notice and how they learn. What the thought processes of experts tell us about how to teach. The amazing learning potential of infants. The relationship of classroom learning and everyday settings of community and workplace. Learning needs and opportunities for teachers. A realistic look at the role of technology in education.

A range of empirical and theoretical perspectives on the relationship between biology and social cognition from infancy through childhood. Recent research on the developmental origins of the social mind supports the view that social cognition is present early in infancy and childhood in surprisingly sophisticated forms. Developmental psychologists have found ingenious ways to test the social abilities of infants and young children, and neuroscientists have begun to study the neurobiological mechanisms that implement and guide early social cognition. Their work suggests that, far from being unfinished adults, babies are exquisitely designed by evolution to capture relevant social information, learn, and explore their social environments. This volume offers a range of empirical and theoretical perspectives on the relationship between biology and social cognition from infancy through childhood. The contributors consider scientific advances in early social perception and cognition, including findings on the development of face processing and social perceptual biases; explore recent research on early infant competencies for language and theory of mind, including a developmental account of how young children become moral agents and the role of electrophysiology in identifying psychological processes that underpin social cognition; discuss the origins and development of prosocial behavior, reviewing evidence for a set of innate predispositions to be social, cooperative, and altruistic; examine how young children make social categories; and analyze atypical social cognition, including autism spectrum disorder and psychopathy. Contributors Lior Abramson, Renée Baillargeon, Pascal Belin, Frances Buttelmann, Sofia Cardenas, Michael J. Crowley, Fabrice Damon, Jean Decety, Michelle de Haan, Ghislaine Dehaene-Lambertz, Melody Buyukozer Dawkins, Xiao Pan Ding, Kristen A. Dunfield, Rachel D. Fine, Ana Fló, Jennifer R. Frey, Susan A. Gelman, Diane Goldenberg, Marie-Hélène Grosbras, Tobias Grossmann, Caitlin M. Hudac, Dora Kampis, Tara A. Karasewich, Ariel Knafo-Noam, Tehila Kogut, Ágnes Melinda Kovács, Valerie A. Kuhlmeier, Kang Lee, Narcis Marshall, Eamon McCrory, David Méary, Christos Panagiotopoulos, Olivier Pascalis, Markus Paulus, Kevin A. Pelphrey, Marcela Peña, Valerie F. Reyna, Marjorie Rhodes, Ruth Roberts, Hagit Sabato, Darby Saxbe, Virginia Slaughter, Jessica A. Sommerville, Maayan Stavans, Nikolaus Steinbeis, Fransisca Ting, Florina Uzefovsky, Essi Viding

Drawing on current research in anthropology, cognitive psychology, neuroscience, and the humanities, *Understanding the Human Mind* explores how and why we, as humans, find it so easy to believe we are right—even when we are outright wrong. Humans live out their own lives effectively trapped in their own mind and, despite being exceptional survivors and a highly social species, our inner mental world is often misaligned with reality. In order to understand why, John Edward Terrell and Gabriel Stowe Terrell suggest current dual-process models of the mind overlook our mind's most decisive and unpredictable mode: creativity. Using a three-dimensional model of the mind, the authors examine the human struggle to stay in touch with reality—how we succeed, how we fail, and how winning this struggle is key to our survival in an age of mounting social problems of our own making. Using news stories of logic-defying behavior, analogies to famous fictitious characters, and analysis of evolutionary and cognitive psychology theory, this fascinating account of how the mind works is a must-read for all interested in anthropology and cognitive psychology.

Taking up the age-old question of what our ability to tell stories reveals about language and the mind, this truly interdisciplinary project should be of interest to humanists and cognitive scientists alike.

Emotional Intelligence was an international phenomenon, appearing on the New York Times bestseller list for over a year and selling more than 5 million copies worldwide. Now, once again, Daniel Goleman has written a groundbreaking synthesis of the latest findings in biology and brain science, revealing that we are 'wired to connect' and the surprisingly deep impact of our relationships on every aspect of our lives. Far more than we are consciously aware, our daily encounters with parents, spouses, bosses, and even strangers, shape our brains and affect cells throughout our bodies, down to the level of our genes - for good or ill. In *Social Intelligence*, Daniel Goleman explores an emerging new science with startling implications for our interpersonal world. Its most fundamental discovery: we are designed for sociability, constantly engaged in a 'neural ballet' that connects us brain-to-brain with those around us. Goleman explains the surprising accuracy of first impressions, the basis of charisma and emotional power, the complexity of sexual attraction, and how we detect lies. He describes the 'dark side' of social intelligence, from narcissism to Machiavellianism and psychopathy. He also reveals our astonishing capacity for 'mindsight', as well as the tragedy of those, like autistic children, whose mindsight is impaired. In this book Daniel Goleman delivers his most heartening news with powerful conviction: we humans have a built-in bias toward empathy, cooperation and altruism - provided we develop the social intelligence to nurture these capacities in ourselves and others.

Barbie or Lego? Reading maps or reading emotions? Do you have a female brain or a male brain? Or is that the wrong question? On a daily basis we face deeply ingrained beliefs that our sex determines our skills and preferences, from toys and colours to career choice and salaries. But what does this mean for our thoughts, decisions and behaviour? Using the latest cutting-edge neuroscience, Gina Rippon unpacks the stereotypes that bombard us from our earliest moments and shows how these messages mould our ideas of ourselves and even shape our brains. Rigorous, timely and liberating, *The Gendered Brain* has huge repercussions for women and men, for parents and children, and for how we identify ourselves. 'Highly accessible...

Revolutionary to a glorious degree' Observer

Ranging widely over biology, evolutionary psychology, physiology, and neuroscience, "The Tending Instinct" examines the biological imperative that drives women to seek each other's company and to tend to the young and the infirm, bestowing great benefits to the group but often at great cost to themselves.

A visual exploration of how the brain develops throughout our lives. Just as neurons communicate through mutual stimulation, brains strive to connect with one another. Louis Cozolino shows us how brains are highly social organisms. Balancing cogent explanation with instructive brain diagrams, he presents an atlas of sorts, illustrating how the architecture and development of brain systems - from before birth through adulthood - determine how we interact with others. 'This book provides an excellent and easily understood story about the connections of social child development and neuroscience. This is a must for anyone interested in human behavior.' Lonnie Zeltzer, M.D., Director, Pediatric Pain Program, Professor of Pediatrics, Anesthesiology, Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA 'Captivating and well written, The Neuroscience of Human Relationships is a major contribution to the rapidly emerging field of neuro-psychoanalysis. Everyone practicing or interested in the emerging fields of mind and brain sciences should read it.' Cristina Alberini, Ph.D., Departments of Neuroscience and Psychiatry, Mt. Sinai School of Medicine, New York 'Lou Cozolino has created a comprehensive tour of the social brain, illuminating to both scientists and lay readers.' Lise Elliot, Ph.D., Department of Neuroscience, The Chicago Medical School, and author of What's Going On In There? How the Brain and Mind Develop in the First Five Years of Life How do minds make societies, and how do societies change? Paul Thagard systematically connects neural and psychological explanations of mind with major social sciences (social psychology, sociology, politics, economics, anthropology, and history) and professions (medicine, law, education, engineering, and business). Social change emerges from interacting social and mental mechanisms. Many economists and political scientists assume that individuals make rational choices, despite the abundance of evidence that people frequently succumb to thinking errors such as motivated inference. Much of sociology and anthropology is taken over with postmodernist assumptions that everything is constructed on the basis of social relations such as power, with no inkling that these relations are mediated by how people think about each other. Mind-Society displays the interdependence of the cognitive and social sciences by describing the interconnections among mental and social mechanisms, which interact to generate social changes ranging from marriage patterns to wars. Validation comes from detailed studies of important social changes, from norms about romantic relationships to economic practices, political institutions, religious customs, and international relations. This book belongs to a trio that includes Brain-Mind: From Neurons to Consciousness and Creativity and Natural Philosophy: From Social Brains to Knowledge, Reality, Morality, and Beauty. They can be read independently, but together they make up a Treatise on Mind and Society that provides a unified and comprehensive treatment of the cognitive sciences, social sciences, professions, and humanities.

"I thought it might be fun for people to be able to read a neuroscience book on the beach," Barrett explains. But be warned: you may find your world turned upside down before it is time for cocktails.' – Guardian 'Each lesson will enlighten and unsettle you. It's like lifting up the hood of a car to see an engine, except that the car is you and you find an engine that doesn't work at all like you thought it did.' – GQ In seven short chapters (plus a brief history of how brains evolved), this slim, entertaining, and accessible collection reveals mind-expanding lessons from the front lines of neuroscience research. You'll learn where brains came from, how they're structured (and why it matters), and how yours works in tandem with other brains to create everything you experience. Along the way, you'll also learn to dismiss popular myths such as the idea of a 'lizard brain' and the alleged battle between thoughts and emotions, or even between nature and nurture, to determine your behaviour. Sure to intrigue casual readers and scientific veterans alike, Seven and a Half Lessons About the Brain is full of surprises, humour, and important implications for human – a gift of a book about our most complex and crucial organ that you will want to savour again and again.

In Mind Change, Susan Greenfield discusses the all-pervading technologies that now surround us, and from which we derive instant information, connected identity, diminished privacy and exceptionally vivid here-and-now experiences. In her view they are creating a new environment, with vast implications, because our minds are physically adapting: being rewired. What could this mean, and how can we harness, rather than be harnessed by, our new technological milieu to create better alternatives and more meaningful lives? Using the very latest research, Mind Change is intended to incite debate as well as yield the way forward. There is no better person to explain the situation in a way we can understand, and to offer new insights on how to improve our mental capacities and well being.

'This is the story of how your life shapes your brain, and how your brain shapes your life.' Join renowned neuroscientist David Eagleman on a whistle-stop tour of the inner cosmos. It's a journey that will take you into the world of extreme sports, criminal justice, genocide, brain surgery, robotics, and the search for immortality. On the way, amidst the infinitely dense tangle of brain cells and their trillions of connections, something emerges that you might not have expected to see: you.

"This chapter introduces people to the basics of what readers need to know about social psychology, i.e. the study of how people's feelings, ideas and behaviours are influenced by the presence of others. It also looks at the increasingly important bio/neural factors such as genes, brain structure and hormonal processes that are now being examined and understood as relevant to any study of human behaviour, including group conflicts. In addition, it provides a brief introduction to the various methodologies that are increasingly able to measure social behavior, such as fMRI, electroencephalography, DNA analysis and hormonal testing"--

Constant connectivity is rewiring our brains – this is your survival guide for the digital era

Why our human brains are awesome, and how we left our cousins, the great apes, behind: a tale of neurons and calories, and cooking. Humans are awesome. Our brains are gigantic, seven times larger than they should be for the size of our bodies. The human brain uses 25% of all the energy the body requires each day. And it became enormous in a very short amount of time in evolution, allowing us to leave our cousins, the great apes, behind. So the human brain is special, right? Wrong, according to Suzana Herculano-Houzel. Humans have developed cognitive abilities that outstrip those of all other animals, but not because we are evolutionary outliers. The human brain was not singled out to become amazing in its own exclusive way, and it never stopped being a primate brain. If we are not an exception to the rules of evolution, then what is the source of the human advantage? Herculano-Houzel shows that it is not the size of our brain that matters but the fact that we have more neurons in the cerebral cortex than any other animal, thanks to our ancestors' invention, some 1.5 million years ago, of a more efficient way to obtain calories: cooking. Because we are primates, ingesting more calories in less time made

possible the rapid acquisition of a huge number of neurons in the still fairly small cerebral cortex—the part of the brain responsible for finding patterns, reasoning, developing technology, and passing it on through culture. Herculano-Houzel shows us how she came to these conclusions—making “brain soup” to determine the number of neurons in the brain, for example, and bringing animal brains in a suitcase through customs. The Human Advantage is an engaging and original look at how we became remarkable without ever being special.

We are profoundly social creatures--more than we know. In *Social*, renowned psychologist Matthew Lieberman explores groundbreaking research in social neuroscience revealing that our need to connect with other people is even more fundamental, more basic, than our need for food or shelter. Because of this, our brain uses its spare time to learn about the social world--other people and our relation to them. It is believed that we must commit 10,000 hours to master a skill. According to Lieberman, each of us has spent 10,000 hours learning to make sense of people and groups by the time we are ten. *Social* argues that our need to reach out to and connect with others is a primary driver behind our behavior. We believe that pain and pleasure alone guide our actions. Yet, new research using fMRI--including a great deal of original research conducted by Lieberman and his UCLA lab--shows that our brains react to social pain and pleasure in much the same way as they do to physical pain and pleasure. Fortunately, the brain has evolved sophisticated mechanisms for securing our place in the social world. We have a unique ability to read other people's minds, to figure out their hopes, fears, and motivations, allowing us to effectively coordinate our lives with one another. And our most private sense of who we are is intimately linked to the important people and groups in our lives. This wiring often leads us to restrain our selfish impulses for the greater good. These mechanisms lead to behavior that might seem irrational, but is really just the result of our deep social wiring and necessary for our success as a species. Based on the latest cutting edge research, the findings in *Social* have important real-world implications. Our schools and businesses, for example, attempt to minimize social distractions. But this is exactly the wrong thing to do to encourage engagement and learning, and literally shuts down the social brain, leaving powerful neuro-cognitive resources untapped. The insights revealed in this pioneering book suggest ways to improve learning in schools, make the workplace more productive, and improve our overall well-being.

What makes us social animals? Why do we behave the way we do? How does the brain influence our behaviour? The brain may have initially evolved to cope with a threatening world of beasts, limited food and adverse weather, but we now use it to navigate an equally unpredictable social landscape. In *The Domesticated Brain*, renowned psychologist Bruce Hood explores the relationship between the brain and social behaviour, looking for clues as to origins and operations of the mechanisms that keep us bound together. How do our brains enable us to live together, to raise children, and to learn and pass on information and culture? Combining social psychology with neuroscience, Hood provides an essential introduction to the hidden operations of the brain, and explores what makes us who we are.

Nurturing Our Humanity offers a new perspective on our personal and social options in today's world, showing how we can build societies that support our great human capacities for consciousness, caring, and creativity. It brings together findings--largely overlooked--from the natural and social sciences debunking the popular idea that we are hard-wired for selfishness, war, rape, and greed. Its groundbreaking new approach reveals connections between disturbing trends like climate change denial and regressions to strongman rule. Moving past right vs. left, religious vs. secular, Eastern vs. Western, and other familiar categories that do not include our formative parent-child and gender relations, it looks at where societies fall on the partnership-domination scale. On one end is the domination system that ranks man over man, man over woman, race over race, and man over nature. On the other end is the more peaceful, egalitarian, gender-balanced, and sustainable partnership system. *Nurturing Our Humanity* explores how behaviors, values, and socio-economic institutions develop differently in these two environments, documents how this impacts nothing less than how our brains develop, examines cultures from this new perspective (including societies that for millennia oriented toward partnership), and proposes actions supporting the contemporary movement in this more life-sustaining and enhancing direction. It shows how through today's ever more fearful, frenzied, and greed-driven technologies of destruction and exploitation, the domination system may lead us to an evolutionary dead end. A more equitable and sustainable way of life is biologically possible and culturally attainable: we can change our course.

This updated second edition provides the state of the art perspective of the theory, practice and application of modern non-invasive imaging methods employed in exploring the structural and functional architecture of the normal and diseased human brain. Like the successful first edition, it is written by members of the Functional Imaging Laboratory - the Wellcome Trust funded London lab that has contributed much to the development of brain imaging methods and their application in the last decade. This book should excite and intrigue anyone interested in the new facts about the brain gained from neuroimaging and also those who wish to participate in this area of brain science. * Represents an almost entirely new book from 1st edition, covering the rapid advances in methods and in understanding of how human brains are organized * Reviews major advances in cognition, perception, emotion and action * Introduces novel experimental designs and analytical techniques made possible with fMRI, including event-related designs and non-linear analysis

From the founder of the Climate Outreach and Information Network, a groundbreaking take on the most urgent question of our time: Why, despite overwhelming scientific evidence, do we still ignore climate change? “Please read this book, and think about it.” --Bill Nye Most of us recognize that climate change is real, and yet we do nothing to stop it. What is this psychological mechanism that allows us to know something is true but act as if it is not? George Marshall's search for the answers brings him face to face with Nobel Prize-winning psychologists and the activists of the Texas Tea Party; the world's leading climate scientists and the people who denounce them; liberal environmentalists and conservative evangelicals. What he discovered is that our values, assumptions, and prejudices can take on lives of their own, gaining authority as they are shared, dividing people in their wake. With engaging stories and drawing on years of his own research, Marshall argues that the answers do not lie in the things that make us different and drive us apart, but rather in what we all share: how our human brains are wired--our evolutionary origins, our perceptions of threats, our cognitive blindspots, our love of storytelling, our fear of death, and our deepest instincts to defend our family and tribe. Once we understand what excites, threatens, and motivates us, we can rethink and reimagine climate change, for it is not an impossible problem. Rather, it is one we can halt if we can make it our common purpose and common ground. Silence and inaction are the most persuasive of narratives, so we need to change the story. In the end, *Don't Even Think About It* is both about climate change and about the qualities that make us human and how we can grow as we deal with the greatest challenge we have ever faced.

A bold new book reveals how we can tap the intelligence that exists beyond our brains--in our bodies, our surroundings, and our relationships Use your head. That's what we tell ourselves when facing a tricky problem or a difficult project. But a growing body of research indicates that we've got it exactly backwards. What we need to do, says acclaimed science writer Annie Murphy Paul, is think outside the brain. A host of "extra-neural" resources--the feelings and movements of our bodies, the physical spaces in which we learn and work, and the minds of those around us-- can help us focus more intently, comprehend more deeply, and create more imaginatively. *The Extended Mind* outlines the research behind this exciting new vision of human ability, exploring the findings of neuroscientists, cognitive scientists, psychologists, and examining the practices of educators, managers, and leaders who are already reaping the benefits of thinking outside the brain. She excavates the untold history of how artists, scientists, and authors--from Jackson Pollock to Jonas Salk to Robert Caro--have used mental extensions to solve problems, make discoveries, and create new works. In the tradition of Howard Gardner's *Frames of Mind* or Daniel Goleman's *Emotional Intelligence*, *The Extended Mind* offers a dramatic new view of how our minds work, full of practical advice on how we can all think better.

Everything we think, do, and refrain from doing is determined by our brain. It shapes our potential, our limitations, and our characters. In other words, we don't just have brains; we are our brains. This forceful

