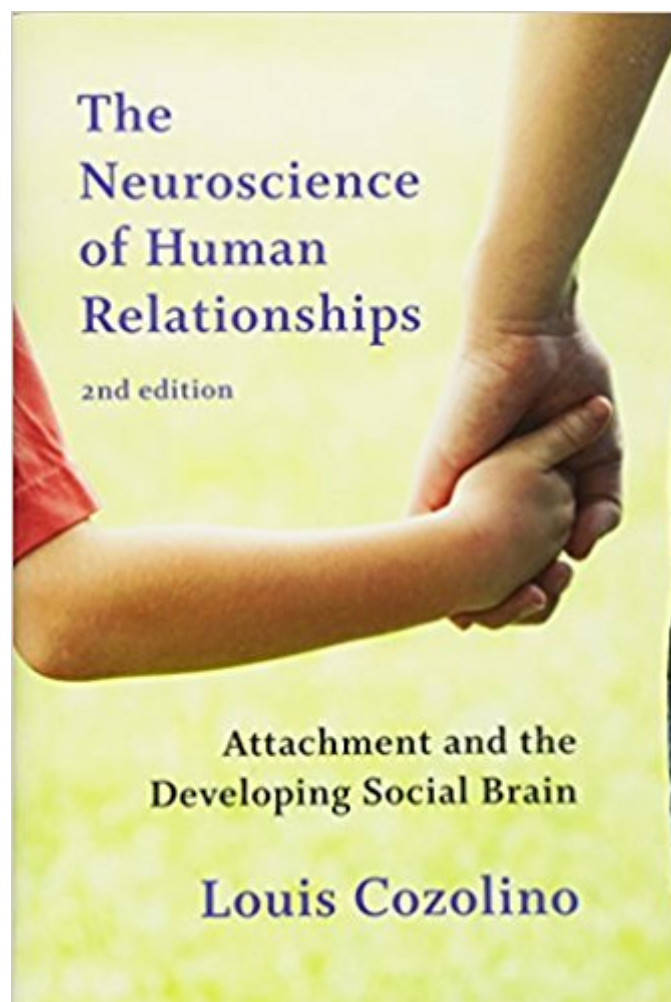




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# **The Neuroscience Of Human Relationships: Attachment And The Developing Social Brain (Second Edition) (Norton Series On Interpersonal Neurobiology)**





## Synopsis

A revised edition of the best-selling text on how relationships build our brains. As human beings, we cherish our individuality yet we know that we live in constant relationship to others, and that other people play a significant part in regulating our emotional and social behavior. Although this interdependence is a reality of our existence, we are just beginning to understand that we have evolved as social creatures with interwoven brains and biologies. The human brain itself is a social organ and to truly understand being human, we must understand not only how we as whole people exist with others, but how our brains, themselves, exist in relationship to other brains. The first edition of this book tackled these important questions of interpersonal neurobiology— that the brain is a social organ built through experience— using poignant case examples from the author’s years of clinical experience. Brain drawings and elegant explanations of social neuroscience wove together emerging findings from the research literature to bring neuroscience to the stories of our lives. Since the publication of the first edition in 2006, the field of social neuroscience has grown at a mind-numbing pace. Technical advances now provide more windows into our inner neural universe and terms like attachment, empathy, compassion, and mindfulness have begun to appear in the scientific literature. Overall, there has been a deepening appreciation for the essential interdependence of brain and mind. More and more parents, teachers, and therapists are asking how brains develop, grow, connect, learn, and heal. The new edition of this book organizes this cutting-edge, abundant research and presents its compelling insights, reflecting a host of significant developments in social neuroscience. Our understanding of mirror neurons and their significance to human relationships has continued to expand and deepen and is discussed here. Additionally, this edition reflects the gradual shift in focus from individual brain structures to functional neural systems— an important and necessary step forward. A great deal of neural overlap has been discovered in brain activation when we are thinking about others and ourselves. This raises many questions including how we come to know others and whether the notion of an “individual self” is anything more than an evolutionary strategy to support our interconnection. In short, we are just beginning to see the larger implications of all neurological processes— how the architecture of the brain can help us to better understand individuals and our relationships. This book gives readers a deeper appreciation of how and why relationships have the power to reshape our brains throughout our life. 27 illustrations

## Book Information

Series: Norton Series on Interpersonal Neurobiology

Hardcover: 656 pages

Publisher: W. W. Norton & Company; 2 edition (March 24, 2014)

Language: English

ISBN-10: 0393707822

ISBN-13: 978-0393707823

Product Dimensions: 6.6 x 1.6 x 9.6 inches

Shipping Weight: 2.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 26 customer reviews

Best Sellers Rank: #34,515 in Books (See Top 100 in Books) #45 in Books > Textbooks >

Social Sciences > Psychology > Neuropsychology #46 in Books > Textbooks > Medicine &

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## Customer Reviews

“[F]ascinating . . . The narratives provided are helpful in understanding the application of neuroscience in the clinical setting. The reader will certainly come away with a "deeper appreciation of the complexity and importance of our interactions with others, especially those closest to us"

(xv). - Somatic Psychotherapy Today  
“[R]emarkable book . . . Cozolino not only provides valuable insights for treating old wounds, but, much more importantly, he describes the kind of nurturing social environments that can prevent such damage in the first place. -

Association for Prenatal and Perinatal Psychology And Health  
“I had barely started this book and was already recommending it to friends and colleagues. . . I have been using

Cozolino’s wisdom and work both for my clients and myself since reading this

book. The breadth of empirical knowledge and wisdom it contains is phenomenal. . . And

due to Cozolino’s emphasis on attachment theory and development of the mind including how he uses neuroscience and attachment theory in helping clients to change I

would recommend his work to parents as well. - PsychCentral

Louis Cozolino, PhD, is a professor of psychology at Pepperdine University and a private practitioner. He is the author of The Healthy Aging Brain, The Neuroscience of Human

Relationships, The Neuroscience of Psychotherapy, and The Making of a Therapist. He lives in Los Angeles, California.

Very technical and not for lay readers, but very illuminating. Several of the chapters were life-changing for me, something I have been searching for for fifty years. Anyone with low self-esteem issues would benefit from the "core shame" chapter, if you can fathom the neuroscience. For that I recommend the audio CDs by Dr. Dan Siegel: "The Neurobiology of We".

This is the 2014 version of Dr. Cozolino's work - still as well written and easy to read as its 2006 predecessor. The big difference is more data driven material and up to date neuroscience and neurobiology. So how he was able to improve on it. This is an excellent read for graduate students and anyone who wants to have a thorough understanding of why we think therapy works and why people do what they do.

The Neuroscience of Human Relationships is an in-depth book that sends a reader into the world of interpersonal neurobiology. Cozolino does an amazing job a huge amount of facts and even some well-founded theories to explain the ways people connect and the underlying "mechanics" of the brain that allow for successful connection. The book goes into great detail and connects ideas for a very solid experience of the information. The examples integrated throughout the text helped to provide an understanding and an application for a subject, a chance to see it in action. Some of the stories were touching, and all of them helped me to develop an understanding of what I was reading. I got the Kindle version, and it was very helpful to highlight important sections and to write down my thoughts on any given part. The writing style was engaging and kept me coming back to the book. I highly recommend this book to anyone who has an interest in human psychology. Not only do you learn about psychology, you also learn about the neuroscience behind it and how the two subjects are really connected, an apparently new revelation. I will admit that some of the parts were kind of dry. I personally enjoy the behavioral and psychological discussions in the book, and, while learning about the parts of the brain that contribute to it was interesting, there were times when I decided to just skim over those parts. Fortunately, this does not detract from the fact that Cozolino really is a great writer. I will definitely be buying and reading his other books.

It has a good and detailed mapping of the cerebral areas connected to the emotional world of different kinds of attachment.

It's an easy to read book absolutely helpful not only for professionals but also for the general audience. A pleasure!

This is one of the most useful books I have read recently. Although the subject is technical the author writes by a standard of understanding context. To me this subject matter is fundamental. If every living person understood the material in this book poverty and all anti-social behaviors would cease to exist. Since that is far from the case in this lifetime the book adds the powers of empathy. My hope is that people who read this will become empathetic to leaders of all kinds and to see them as every other human being trying to continue their epic journey full of mistakes and imperfections. It is only by understanding how the brain works that all humans truly become equal and economic and social barriers fall.

I kept the book. It was well worth the time and price.

Great book. Arrived as advertised. Fast delivery.

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