



Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind (Norton Series on Interpersonal Neurobiology)

By Daniel J. Siegel M.D.

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The central concepts of the theory of interpersonal neurobiology.

Many fields have explored the nature of mental life from psychology to psychiatry, literature to linguistics. Yet no common “framework” where each of these important perspectives can be honored and integrated with one another has been created in which a person seeking their collective wisdom can find answers to some basic questions, such as, What is the purpose of life? Why are we here? How do we know things, how are we conscious of ourselves? What is the mind? What makes a mind healthy or unwell? And, perhaps most importantly: What is the connection among the mind, the brain, and our relationships with one another?

Our mental lives are profoundly relational. The interactions we have with one another shape our mental world. Yet as any neuroscientist will tell you, the mind is shaped by the firing patterns in the brain. And so how can we reconcile this tension?that the mind is both embodied and relational? Interpersonal Neurobiology is a way of thinking across this apparent conceptual divide.

This *Pocket Guide to Interpersonal Neurobiology* is designed to aid in your personal and professional application of the interpersonal neurobiology approach to developing a healthy mind, an integrated brain, and empathic relationships. It is also designed to assist you in seeing the intricate foundations of interpersonal neurobiology as you read other books in the Norton Series on Interpersonal Neurobiology.

Praise for Daniel J. Siegel's books:

“Siegel is a must-read author for anyone interested in the science of the mind.”
?Daniel Goleman, author of *Social Intelligence: The New Science of Human Relationships*

“[S]tands out for its skillful weaving together of the interpersonal, the inner world, the latest science, and practical applications.” ?Jack Kornfield, PhD, founding teacher of the Insight Meditation Society and Spirit Rock Center, and author of *A Path With Heart*

“Siegel has both a meticulous understanding of the roles of different parts of the brain and an intimate relationship with mindfulness . . . [A]n exciting glimpse of an uncharted territory of neuroscience.” ?*Scientific American Mind*

“Dr. Daniel Siegel is one of the most thoughtful, eloquent, scientifically solid and reputable exponents of mind/body/brain integration in the world today.” ?Jon Kabat-Zinn, PhD, author of *Wherever You Go, There You Are*, *Full Catastrophe Living*, and *Coming to Our Senses*

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Editorial Review

Review

“The book is a fascinating and lively guide, which engages the reader on many levels . . . You can turn to any page of the book and find an access point to explore a web of integrated knowledge.” (Journal of Analytical Psychology (UK))

“Many have explored the nature of mental life, yet no interdisciplinary approach has existed to address its issues or even define what the mind is. This book offers a new way of assessing how the mind works.” (Midwest Book Review)

“Siegel’s book does an amazing job reflecting his vast knowledge of how our brains and our relationships interact to shape our lives.” (PsychCentral)

About the Author

Daniel J. Siegel, MD is a graduate of Harvard Medical School and completed his postgraduate medical education at UCLA with training in pediatrics and child, adolescent, and adult psychiatry. He is currently a clinical professor of psychiatry at the UCLA School of Medicine, founding co-director of UCLA’s Mindful Awareness Research Center, founding co-investigator at the UCLA Center for Culture, Brain and Development, and executive director of the Mindsight Institute, an educational center devoted to promoting insight, compassion, and empathy in individuals, families, institutions, and communities. Dr. Siegel’s psychotherapy practice spans thirty years, and he has published extensively for the professional audience. He serves as the Founding Editor for the Norton Professional Series on Interpersonal Neurobiology which includes over three dozen textbooks. Dr. Siegel’s books include Mindsight, Pocket Guide to Interpersonal Neurobiology, The Developing Mind, Second Edition, The Mindful Therapist, The Mindful Brain, Parenting from the Inside Out (with Mary Hartzell, M.Ed.), and the three New York Times bestsellers: Brainstorm, The Whole-Brain Child (with Tina Payne Bryson, Ph.D.), and his latest No-Drama Discipline (with Tina Payne Bryson, Ph.D.). He has been invited to lecture for the King of Thailand, Pope John Paul II, His Holiness the Dalai Lama, Google University, and TEDx. For more information about his educational programs and resources, please visit: www.DrDanSiegel.com.

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