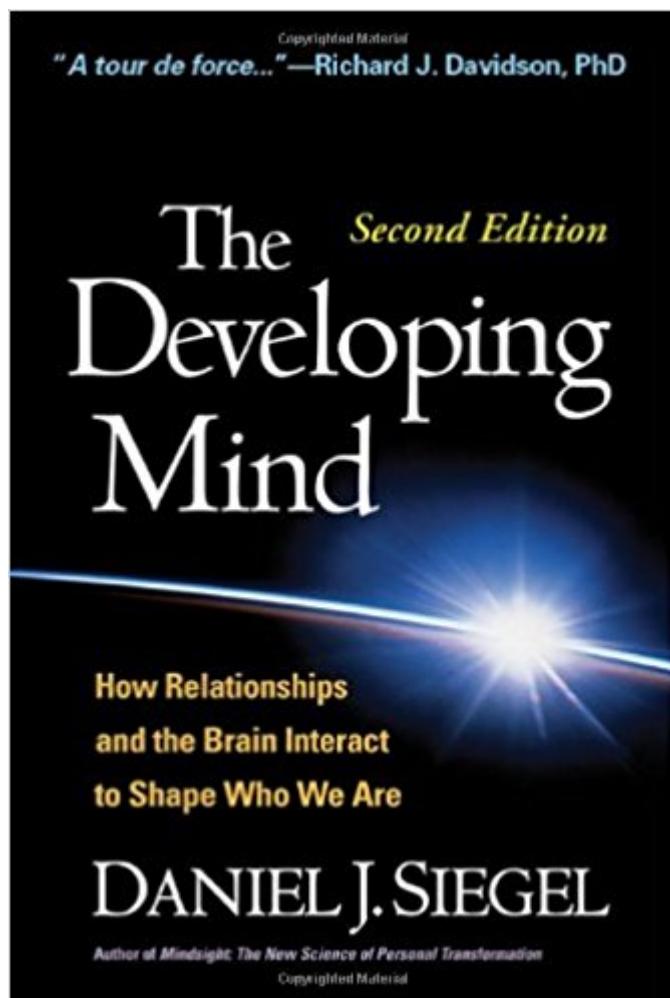


The book was found

# 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.  \*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

Paperback: 506 pages

Publisher: The Guilford Press; 2 edition (February 4, 2015)

Language: English

ISBN-10: 1462520677

ISBN-13: 978-1462520671

Product Dimensions: 6.1 x 1.2 x 9.2 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars  (36 customer reviews)

Best Sellers Rank: #24,917 in Books (See Top 100 in Books) #5 in  Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child #32 in  Books > Textbooks > Social Sciences > Psychology > Cognitive Psychology #39 in  Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry

## 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.

[Download to continue reading...](#)

The Developing Mind, Second Edition: How Relationships and the Brain Interact to Shape Who We Are Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Get In Shape With Exercise Ball Training: The 30 Best Exercise Ball Workouts For Sexy Abs And A Slim Body At Home (Get In Shape Workout Routines and Exercises Book 2) Interact and Engage!: 50+ Activities for Virtual Training, Meetings, and Webinars Modern-Day Vikings: A Practical Guide to Interacting with the Swedes (Interact Series) Becoming Attached: First Relationships and How They Shape Our Capacity to Love Me & The Other Women: Stories of Female Relationships That Shape Our Lives My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health BRAIN: 51 Powerful Ways to Improve Brain Power, Enhance Memory, Intelligence and Concentration NATURALLY! (MEMORY, Memory Improvement, Learning, Brain Training) Grain Brain Audiobook: David Perlmutter GRAIN BRAIN Audio CD: Grain Brain David Perlmutter Brain Games #1: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Brain Games #3: Lower Your Brain Age in Minutes a Day (Brain Games (Numbered)) Brain Training And Brain

Games for Memory Improvement: Concentration and Memory Improvement Strategies with Mind Mapping (New for 2015) Younger Brain, Sharper Mind: A 6-Step Plan for Preserving and Improving Memory and Attention at Any Age from America's Brain Doctor Piano Sonatinas - Book Three: Developing Artist Original Keyboard Classics (The Developing Artist) Developing Gestalt Counselling (Developing Counselling series) The Total Brain Workout: 450 Puzzles to Sharpen Your Mind, Improve Your Memory & Keep Your Brain Fit

[Dmca](#)