# Download Ebook High Price A Neuroscientists Journey Of Self Discovery That Challenges Everything You Know About Drugs And Society Carl Hart Read Pdf Free

High Price Drug Use for Grown-Ups Wired for Love Memoirs of an Addicted Brain Never Enough When Quietness Came The Psychopath Inside The Spike The Art of Neuroscience in Everything Into the Gray Zone Dark and Magical Places: The Neuroscience of Navigation The Neuroscientist Who Lost Her Mind Shining Light on Transcendence The Women's Brain Book Journey of the Mind: How Thinking Emerged from Chaos The Nocturnal Brain Mind: A Journey to the Heart of Being Human (Norton Series on Interpersonal Neurobiology) A Million Things To Ask A Neuroscientist: The Brain Made Easy High Price Tales from Both Sides of the Brain (Enhanced Edition) The Neuroscience of Memory Neuroscience Why We Snap Sleights of Mind The Spike Proust Was a Neuroscientist The New Visual Neurosciences Computational Neuroscience Proof of Heaven The Neuroscience of Creativity Healthy Brain, Happy Life The Hidden Spring: A Journey to the Source of Consciousness Neuroscience for Learning and Development Wired for Love The Birth of Modern Neuroscience in Turin Nature's Gift to Neuroscience The God Parasite Proust and the Squid Deviate Early Childhood and Neuroscience

A New York Times Bestseller. A scientist’s exploration into the mysteries of the human mind. What is the mind? What is the experience of the self truly made of? How does the mind differ from the brain? Though the mind’s contents—its emotions, thoughts, and memories—are often described, the essence of mind is rarely, if ever, defined. In this book, noted neuropsychiatrist and New York Times best-selling author Daniel J. Siegel, MD, uses his characteristic sensitivity and interdisciplinary background to offer a definition of the mind that illuminates the how, what, when, where, and even why of who we are, of what the mind is, and what the mind’s self has the potential to become. MIND takes the reader on a deep personal and scientific journey into consciousness, subjective experience, and information processing, uncovering the mind’s self-organizational properties that emerge from both the body and the relationships we have with one another, and with the world around us. While making a wide range of sciences accessible and exciting—from neurobiology to quantum physics, anthropology to psychology—this book offers an experience that addresses some of our most pressing personal and global questions about identity, connection, and the cultivation of well-being in our lives. Unlock the power of neuroscience to optimize your memory so you can stay mentally sharp. Do you feel like your memory isn’t as great as it used to be? Do you sometimes find yourself walking into a room and forgetting why? Do you misplace things more often than you used to? As we age, our memory naturally declines. But there are scientifically proven ways to enhance brain and memory function. This book, grounded in cutting-edge neuroscience, will help you get started. The Neuroscience of Memory offers a seven-step memory improvement program based on the latest research. You’ll find powerful tools to optimize your brain and memory function, increase neural connections, and stay mentally sharp both now and in the long run. You’ll learn how to “feed your brain” with good nutrition, and how exercise can help you maintain mental acuity. And finally, you’ll discover how forming new memories is a key strategy for optimizing cognitive function, and how managing stress can help you not only think better in critical moments, but also help you keep the brain cells you have. When you understand how your memory actually works, you are better equipped to optimize it. Whether you’re looking for ways to improve your memory while you are young, have noticed that your memory is declining as you age and want to improve it, or are looking for resources for dealing with Alzheimer’s (either for yourself or a loved one), this book will help you hold on to those treasured memories for as long as you possibly can. “Wolf restores our awe of the human brain—its adaptability, its creativity, and its ability to connect with other minds through a procession of silly squiggles.” — San Francisco Chronicle How do people learn to read and write—and how has the development of these skills transformed the brain and the world itself ? Neuropsychologist and child development expert Maryann Wolf answers these questions in this ambitious and provocative book that chronicles the remarkable journey of written language not only throughout our evolution but also over the course of a single child’s life, showing why a growing percentage have difficulty mastering these abilities. With fascinating down-to-earth examples and lively personal anecdotes, Wolf asserts that the brain that examined the tiny clay tablets of the Sumerians is a very different brain from the one that is immersed in today’s technology-driven literacy, in which visual images on the screen are paving the way for a reduced need for written language—with potentially profound consequences for our future. High Price by Carl Hart is a groundbreaking work on neuroscience and addiction As a youth, Carl Hart didn't see the value of school, studying just enough to keep him on the basketball team. At the same time, he was immersed in street life, dealing drugs and committing petty larceny. Today, he is a cutting-edge neuroscientist whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, he recalls his journey of self-discovery, how he escaped a life of crime and drugs and avoided becoming one of the crack addicts he now studies. Interweaving past and present, Hart goes beyond the hype as he examines the relationship between drugs and pleasure, choice, and motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty, and drugs and explain why current policies are failing. But while Hart escaped the ghetto, he has not turned his back on it. Determined to make a difference, he tirelessly applies his science to help save real lives. But balancing his former street life with his achievements today has not been easy-a struggle he reflects on publicly for the first time. Homocide (the inspiration for The Wire) meets Oliver Sacks' The Man Who Mistook His Wife for A Hat, this book applies neuroscience to crime, addiction and the most urgent and destructive issues of our times. Carl Hart is an Associate Professor in the Departments of Psychology and Psychiatry at Columbia University. He is also a Research Scientist in the Division of Substance Abuse at the New York State Psychiatric Institute. He and his work are featured in Eugene Jarecki's acclaimed documentary The House I Live In. The film examines the war on drugs and highlights some of the research that Hart includes in High Price. He lives in New York City. In the tradition of My Stroke of Insight and Brain on Fire, this powerful memoir recounts Barbara Lipska's deadly brain cancer and explains its unforgettable lessons about the brain and mind. Neuroscientist Lipska was diagnosed early in 2015 with metastatic melanoma in her brain's frontal lobe. As the cancer progressed and was treated, she experienced behavioral and cognitive symptoms connected to a range of mental disorders, including dementia and her professional specialty, schizophrenia. Lipska's family and associates were alarmed by the changes in her behavior, which she failed to acknowledge herself. Gradually, after a course of immunotherapy, Lipska returned to normal functioning, amazingly recalled her experience, and through her knowledge of neuroscience identified the ways in which her brain changed during treatment. Lipska admits her condition was unusual; after recovery she was able to return to her research and resume her athletic training and compete in a triathalon. Most patients with similar brain cancers rarely survive to describe their ordeal. Lipska's memoir, coauthored with journalist Elaine McArdle, shows that strength and courage but also an encouraging support network are vital to recovery. A gripping, ultimately triumphant memoir that's also the most comprehensive and comprehensible study of the neuroscience of addiction written for the general public. FROM THE INTRODUCTION: "We are prone to a cycle of craving what we don't have, finding it, using it up or losing it, and then craving it all the more. This cycle is at the root of all addictions, addictions to drugs, sex, love, cigarettes, soap operas, wealth, and wisdom itself. But why should this be so? Why are we desperate for what we don't have, or can't have, often at great cost to what we do have, thereby risking our peace and contentment, our safety, and even our lives?" The answer,

says Dr. Marc Lewis, lies in the structure and function of the human brain. Marc Lewis is a distinguished neuroscientist. And, for many years, he was a drug addict himself, dependent on a series of dangerous substances, from LSD to heroin. His narrative moves back and forth between the often dark, compellingly recounted story of his relationship with drugs and a revelatory analysis of what was going on in his brain. He shows how drugs speak to the brain - which is designed to seek rewards and soothe pain - in its own language. He shows in detail the neural mechanics of a variety of powerful drugs and of the onset of addiction, itself a distortion of normal perception. Dr. Lewis freed himself from addiction and ended up studying it. At the age of 30 he traded in his pharmaceutical supplies for the life of a graduate student, eventually becoming a professor of developmental psychology, and then of neuroscience - his field for the last 12 years. This is the story of his journey, seen from the inside out. International Best Seller The existence of God has long fascinated the human species. Based on a system of belief and several historical encounters with God, the human society has constructed various religions. Whenever something bizarre bothers someone, and that someone takes refuge in divine guidance, hardcore religious preachers give only one absurd answer : “God works in a mysterious way”. But has any of the billions of human minds on this planet ever experienced a true Almighty Being? Or is there a mysterious biological phenomenon underneath the human experience of God and Divinity? Does a Supreme Omnipotent Entity ever intervene in the daily issues of life on this planet? In this book celebrated Neuroscientist and International Bestselling Author Abhijit Naskar takes us to the scientific land of investigation where we shall explore the true biological foundation of God and religious beliefs. In this fascinating journey of neuroscience we shall discover how exactly we humans constructed God and not the other way around. Computational Neuroscience - A First Course provides an essential introduction to computational neuroscience and equips readers with a fundamental understanding of modeling the nervous system at the membrane, cellular, and network level. The book, which grew out of a lecture series held regularly for more than ten years to graduate students in neuroscience with backgrounds in biology, psychology and medicine, takes its readers on a journey through three fundamental domains of computational neuroscience: membrane biophysics, systems theory and artificial neural networks. The required mathematical concepts are kept as intuitive and simple as possible throughout the book, making it fully accessible to readers who are less familiar with mathematics. Overall, Computational Neuroscience - A First Course represents an essential reference guide for all neuroscientists who use computational methods in their daily work, as well as for any theoretical scientist approaching the field of computational neuroscience. From the world’s foremost neuroscientist of romantic love comes a personal story of connection and heartbreak that brings new understanding to an old truth: better to have loved and lost than never to have loved at all. At thirty-seven, Dr. Stephanie Cacioppo was content to be single. She was fulfilled by her work on the neuroscience of romantic love—how finding and growing with a partner literally reshapes our brains. That was, until she met the foremost neuroscientist of loneliness. A whirlwind romance led to marriage and to sharing an office at the University of Chicago. After seven years of being inseparable at work and at home, Stephanie lost her beloved husband, John, following his intense battle with cancer. In Wired for Love, Stephanie tells not just a science story but also a love story. She shares revelatory insights into how and why we fall in love, what makes love last, and how we process love lost—all grounded in cutting-edge findings in brain chemistry and behavioral science. Woven through it all is her moving personal story, from astonishment to unbreakable bond to grief and healing. Her experience and her work enrich each other, creating a singular blend of science and lyricism that’s essential reading for anyone looking for connection. A revelatory new theory of consciousness that returns emotions to the center of mental life. For Mark Solms, one of the boldest thinkers in contemporary neuroscience, discovering how consciousness comes about has been a lifetime’s quest. Scientists consider it the "hard problem" because it seems an impossible task to understand why we feel a subjective sense of self and how it arises in the brain. Venturing into the elementary physics of life, Solms has now arrived at an astonishing answer. In The Hidden Spring, he brings forward his discovery in accessible language and graspable analogies. Solms is a frank and fearless guide on an extraordinary voyage from the dawn of neuropsychology and psychoanalysis to the cutting edge of contemporary neuroscience, adhering to the medically provable. But he goes beyond other neuroscientists by paying close attention to the subjective experiences of hundreds of neurological patients, many of whom he treated, whose uncanny conversations expose much about the brain’s obscure reaches. Most importantly, you will be able to recognize the workings of your own mind for what they really are, including every stray thought, pulse of emotion, and shift of attention. The Hidden Spring will profoundly alter your understanding of your own subjective experience. In order to design and deliver effective learning and development initiatives, it is essential to understand how our brains process and retain information. Neuroscience for Learning and Development introduces the latest research and concepts, equipping L&D and training professionals with an understanding of the inner workings of the mind. Covering areas such as how to create effective learning environments, promoting motivation and how to make learning 'stickier' through the use of stories, the book offers practical tools and ideas that can be applied in a variety of contexts, from digital learning and in-person training sessions, to coaching conversations, to lectures and presentations. Neuroscience for Learning and Development also features insights from L&D practitioners who have applied these approaches. Readers will not only find new techniques they can implement straight away, but will also discover research that backs up what they are already doing well, enabling them to put convincing cases to budget holders. This updated second edition contains new chapters on digital learning and on the importance of sleep, as well as updated wider content and new material on mindfulness, learning through your senses and the neuroscience of habits. An easy way to learn about the brain. The most interesting questions you have about the brain are finally answered.◆ How are memories created?◆ Do men and women have different brains?◆ What are dreams and why do we have them?This book makes the brain fun and easy to enjoy. Anyone who is curious about what really goes on in that mushy pink thing inside their head will enjoy this guide to the brain and neuroscience.Join neuroscientist Mike Tranter PhD as he explains the brain in his unique and funny style. He answers questions that were submitted by the public, and the best part is, no scientific background is needed whatsoever. Includes a chapter describing some of the strange mysteries about the brain, and a behind the scenes look at how cutting-edge neuroscience research will change the future.Finally, the brain is made easy. Beau Lotto, the world-renowned neuroscientist, entrepreneur, and two-time TED speaker, takes us on a tour of how we perceive the world, and how disrupting it leads us to create and innovate. Perception is the foundation of human experience, but few of us understand why we see what we do, much less how. By revealing the startling truths about the brain and its perceptions, Beau Lotto shows that the next big innovation is not a new technology: it is a new way of seeing. In his first major book, Lotto draws on over two decades of pioneering research to explain that our brain didn't evolve to see the world accurately. It can't! Visually stunning, with entertaining illustrations and optical illusions throughout, and with clear and comprehensive explanations of the science behind how our perceptions operate, Deviate will revolutionize the way you see yourself, others and the world. With this new understanding of how the brain functions, Deviate is not just an illuminating account of the neuroscience of thought, behavior, and creativity: it is a call to action, enlisting readers in their own journey of self-discovery. For women, understanding how the brain works during the key stages of life - in utero, childhood, puberty and adolescence, pregnancy and motherhood, menopause and old age - is essential to their health. Dr Sarah McKay is a neuroscientist who knows everything worth knowing about women's brains, and shares it in this fascinating, essential book. This is not a book about the differences between male and female brains, nor a book using neuroscience to explain gender-specific behaviours, the 'battle of the sexes' or 'Mars-Venus' stereotypes. This is a book about what happens inside the brains and bodies of women as they move through the phases of life, and the unique - and often misunderstood - effects of female biology and hormones. Dr McKay give insights into brain development during infancy, childhood and the teenage years (including the onset of puberty) and also takes a look at mental health as well as the ageing brain. The book weaves together findings from the research lab, case studies and interviews with neuroscientists and other researchers working in the disciplines of neuroendocrinology, brain development, brain health and ageing. This comprehensive guide explores the brain during significant life stages, including: In utero Childhood Puberty The Menstrual Cycle The Teenage Brain Depression and Anxiety Pregnancy and Motherhood Menopause The Ageing Brain The New York Times–bestselling author provides an

“entertaining” look at how artists enlighten us about the workings of the brain (New York magazine). In this book, the author of How We Decide and Imagine: How Creativity Works “writes skillfully and coherently about both art and science”—and about the connections between the two (Entertainment Weekly). In this technology-driven age, it’s tempting to believe that science can solve every mystery. After all, it’s cured countless diseases and sent humans into space. But as Jonah Lehrer explains, science is not the only path to knowledge. In fact, when it comes to understanding the brain, art got there first. Taking a group of artists—a painter, a poet, a chef, a composer, and a handful of novelists—Lehrer shows how each one discovered an essential truth about the mind that science is only now rediscovering. We learn, for example, how Proust first revealed the fallibility of memory; how George Eliot discovered the brain’s malleability; how the French chef Escoffier discovered umami (the fifth taste); how Cézanne worked out the subtleties of vision; and how Gertrude Stein exposed the deep structure of language—a full half-century before the work of Noam Chomsky and other linguists. More broadly, Lehrer shows that there’s a cost to reducing everything to atoms and acronyms and genes. Measurement is not the same as understanding, and art knows this better than science does. An ingenious blend of biography, criticism, and first-rate science writing, Proust Was a Neuroscientist urges science and art to listen more closely to each other, for willing minds can combine the best of both to brilliant effect. “His book marks the arrival of an important new thinker . . . Wise and fresh.” —Los Angeles Times A NEW YORK TIMES BESTSELLER From a renowned behavioral neuroscientist and recovering addict, a rare page-turning work of science that draws on personal insights to reveal how drugs work, the dangerous hold they can take on the brain, and the surprising way to combat today's epidemic of addiction. Judith Grisel was a daily drug user and college dropout when she began to consider that her addiction might have a cure, one that she herself could perhaps discover by studying the brain. Now, after twenty-five years as a neuroscientist, she shares what she and other scientists have learned about addiction, enriched by captivating glimpses of her personal journey. In Never Enough, Grisel reveals the unfortunate bottom line of all regular drug use: there is no such thing as a free lunch. All drugs act on the brain in a way that diminishes their enjoyable effects and creates unpleasant ones with repeated use. Yet they have their appeal, and Grisel draws on anecdotes both comic and tragic from her own days of using as she limns the science behind the love of various drugs, from marijuana to alcohol, opiates to psychedelics, speed to spice. With more than one in five people over the age of fourteen addicted, drug abuse has been called the most formidable health problem worldwide, and Grisel delves with compassion into the science of this scourge. She points to what is different about the brains of addicts even before they first pick up a drink or drug, highlights the changes that take place in the brain and behavior as a result of chronic using, and shares the surprising hidden gifts of personality that addiction can expose. She describes what drove her to addiction, what helped her recover, and her belief that a “cure” for addiction will not be found in our individual brains but in the way we interact with our communities. Set apart by its color, candor, and bell-clear writing, Never Enough is a revelatory look at the roles drugs play in all of our lives and offers crucial new insight into how we can solve the epidemic of abuse. What is consciousness? How does it relate to the brain, to the mind? Does it even extend beyond them? And if so, might those experiences -- telepathy, extrasensory perception, near death experiences -- be called 'paranormal' because we can't explain them by any normal means? Anything with a firm belief structure, whether it is science or religious faith, limits experimentation and a free spirit of enquiry. I wanted to find a synthesis between these two fields of experience, the measurable and the immeasurable. And it seemed to me that the best - indeed, the only way I could find out more was by finding people who had such immeasurable experiences and studying them. A few years ago I was introduced by a friend to a philosopher, Alain Forget, who, I was told, had a remarkable ability to give 'energy. During this 'energy-giving' process my friend had been aware of light radiating from him. My own ego wanted to persuade this unusual man to allow me to put him under the microscope. But in doing so I found myself, perhaps reluctantly at times, under the microscope of his perceptual grasp of human nature. And I realise that it has changed me, and that much of what I thought about myself was not based in reality. This book tells that story. Peter Fenwick The startling new science behind sudden acts of violence and the nine triggers this groundbreaking researcher has uncovered We all have a rage circuit we can’t fully control once it is engaged as R. Douglas Fields, PhD, reveals in this essential book for our time. The daily headlines are filled with examples of otherwise rational people with no history of violence or mental illness suddenly snapping in a domestic dispute, an altercation with police, or road rage attack. We all wish to believe that we are in control of our actions, but the fact is, in certain circumstances we are not. The sad truth is that the right trigger in the right circumstance can unleash a fit of rage in almost anyone. But there is a twist: Essentially the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing. Think of the stranger who dives into a frigid winter lake to save a drowning child. Dr. Fields is an internationally recognized neurobiologist and authority on the brain and the cellular mechanisms of memory. He has spent years trying to understand the biological basis of rage and anomalous violence, and he has concluded that our culture’s understanding of the problem is based on an erroneous assumption: that rage attacks are the product of morally or mentally defective individuals, rather than a capacity that we all possess. Fields shows that violent behavior is the result of the clash between our evolutionary hardwiring and triggers in our contemporary world. Our personal space is more crowded than ever, we get less sleep, and we just aren't as fit as our ancestors. We need to understand how the hardwiring works and how to recognize the nine triggers. With a totally new perspective, engaging narrative, and practical advice, Why We Snap uncovers the biological roots of the rage response and how we can protect ourselves—and others. "With an introduction by Dr. Richard O'Reilly"--Cover. Shares an account of his religiously transformative near-death experience and revealing week-long coma, describing his scientific study of near-death phenomena while explaining what he learned about the nature of human consciousness. Early Childhood and Neuroscience is a practical guide to understanding the complex and challenging subject of neuroscience and its use (and misapplication) in early childhood policy and practice. The author begins by introducing the definition and history of neuroscience. The reader is then led through structured chapters discussing questions such as: Why should practitioners know about neuroscience? How can neuroscience help practitioners better provide for babies and children? and Is it relevant? Topics covered include the nature vs. nurture debate through the lens of neuroscience, epigenetics, the first 1001 days and a discussion on just how critical the first three years of life are to healthy brain development. The book provides a balanced overview of the debates by weaving discussion on the opportunities of using neuroscience in early childhood practice with examination of the limitations and ethical implications throughout the chapters. This enables students to inform their own opinions about the discipline and its use in their future practice. Clear explanations of the main terms and theories are complemented with illustrative case studies of cutting-edge research from around the world, a glossary of key terms and suggestions for further reading. Reflective discussion questions give students the chance to apply their theoretical knowledge to real-world contexts. These features encourage and support independent critical thinking, helping students to reflect on, evaluate and analyse a range of ideas, research findings and applications for their own future early childhood practice. Early Childhood and Neuroscience is essential reading for lecturers, undergraduate and postgraduate students in the field as well as for the new practitioner. A comprehensive review of contemporary research in the vision sciences, reflecting the rapid advances of recent years. Visual science is the model system for neuroscience, its findings relevant to all other areas. This essential reference to contemporary visual neuroscience covers the extraordinary range of the field today, from molecules and cell assemblies to systems and therapies. It provides a state-of-the art companion to the earlier book The Visual Neurosciences (MIT Press, 2003). This volume covers the dramatic advances made in the last decade, offering new topics, new authors, and new chapters. The New Visual Neurosciences assembles groundbreaking research, written by international authorities. Many of the 112 chapters treat seminal topics not included in the earlier book. These new topics include retinal feature detection; cortical connectomics; new approaches to mid-level vision and spatiotemporal perception; the latest understanding of how multimodal integration contributes to visual perception; new theoretical work on the role of neural oscillations in information processing; and new molecular and genetic techniques for understanding visual system development. An entirely new section covers invertebrate vision, reflecting the importance of this research

in understanding fundamental principles of visual processing. Another new section treats translational visual neuroscience, covering recent progress in novel treatment modalities for optic nerve disorders, macular degeneration, and retinal cell replacement. The New Visual Neurosciences is an indispensable reference for students, teachers, researchers, clinicians, and anyone interested in contemporary neuroscience. Associate Editors Marie Burns, Joy Geng, Mark Goldman, James Handa, Andrew Ishida, George R. Mangun, Kimberley McAllister, Bruno Olshausen, Gregg Recanzone, Mandyam Srinivasan, W.Martin Usrey, Michael Webster, David Whitney Sections Retinal Mechanisms and Processes Organization of Visual Pathways Subcortical Processing Processing in Primary Visual Cortex Brightness and Color Pattern, Surface, and Shape Objects and Scenes Time, Motion, and Depth Eye Movements Cortical Mechanisms of Attention, Cognition, and Multimodal Integration Invertebrate Vision Theoretical Perspectives Molecular and Developmental Processes Translational Visual Neuroscience The story of a neural impulse and what it reveals about how our brains work We see the last cookie in the box and think, can I take that? We reach a hand out. In the 2.1 seconds that this impulse travels through our brain, billions of neurons communicate with one another, sending blips of voltage through our sensory and motor regions. Neuroscientists call these blips “spikes.” Spikes enable us to do everything: talk, eat, run, see, plan, and decide. In The Spike, Mark Humphries takes readers on the epic journey of a spike through a single, brief reaction. In vivid language, Humphries tells the story of what happens in our brain, what we know about spikes, and what we still have left to understand about them. Drawing on decades of research in neuroscience, Humphries explores how spikes are born, how they are transmitted, and how they lead us to action. He dives into previously unanswered mysteries: Why are most neurons silent? What causes neurons to fire spikes spontaneously, without input from other neurons or the outside world? Why do most spikes fail to reach any destination? Humphries presents a new vision of the brain, one where fundamental computations are carried out by spontaneous spikes that predict what will happen in the world, helping us to perceive, decide, and react quickly enough for our survival. Traversing neuroscience’s expansive terrain, The Spike follows a single electrical response to illuminate how our extraordinary brains work. With extensive video footage of his trailblazing cognitive experiments, Michael Gazzaniga—the “father of cognitive neuroscience”—illuminates the discoveries behind his groundbreaking work in this enhanced digital edition of Tales from Both Sides of the Brain. Michael S. Gazzaniga, one of the most important neuroscientists of the twentieth century, gives us an exciting behind-the-scenes look at his seminal work on that unlikely couple, the right and left brain. Foreword by Steven Pinker. In the mid-twentieth century, Michael S. Gazzaniga, “the father of cognitive neuroscience,” was part of a team of pioneering neuroscientists who developed the now foundational split-brain brain theory: the notion that the right and left hemispheres of the brain can act independently from one another and have different strengths. In Tales from Both Sides of the Brain, Gazzaniga tells the impassioned story of his life in science and his decades-long journey to understand how the separate spheres of our brains communicate and miscommunicate with their separate agendas. By turns humorous and moving, Tales from Both Sides of the Brain interweaves Gazzaniga’s scientific achievements with his reflections on the challenges and thrills of working as a scientist. In his engaging and accessible style, he paints a vivid portrait not only of his discovery of split-brain theory, but also of his comrades in arms—the many patients, friends, and family who have accompanied him on this wild ride of intellectual discovery. A neuroscientist transforms the way we think about our brain, our health, and our personal happiness in this clear, informative, and inspiring guide—a blend of personal memoir, science narrative, and immediately useful takeaways that bring the human brain into focus as never before, revealing the powerful connection between exercise, learning, memory, and cognitive abilities. Nearing forty, Dr. Wendy Suzuki was at the pinnacle of her career. An award-winning university professor and world-renowned neuroscientist, she had tenure, her own successful research lab, prestigious awards, and international renown. That’s when to celebrate her birthday, she booked an adventure trip that forced her to wake up to a startling reality: despite her professional success, she was overweight, lonely, and tired and knew that her life had to change. Wendy started simply—by going to an exercise class. Eventually, she noticed an improvement in her memory, her energy levels, and her ability to work quickly and move from task to task easily. Not only did Wendy begin to get fit, but she also became sharper, had more energy, and her memory improved. Being a neuroscientist, she wanted to know why. What she learned transformed her body and her life. Now, it can transform yours. Wendy discovered that there is a biological connection between exercise, mindfulness, and action. With exercise, your body feels more alive and your brain actually performs better. Yes—you can make yourself smarter. In this fascinating book, Suzuki makes neuroscience easy to understand, interweaving her personal story with groundbreaking research, and offering practical, short exercises—4 minute Brain Hacks—to engage your mind and improve your memory, your ability to learn new skills, and function more efficiently. Taking us on an amazing journey inside the brain as never before, Suzuki helps us unlock the keys to neuroplasticity that can change our brains, or bodies, and, ultimately, our lives. A renowned neurologist shares the true stories of people unable to get a good night’s rest in The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep, a fascinating exploration of the symptoms and syndromes behind sleep disorders. For Dr. Guy Leschziner’s patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnea, and sleepwalking are just a sampling of conditions afflicting sufferers who cannot sleep—and their experiences in trying are the stuff of nightmares. Demoniac hallucinations frighten people into paralysis. Restless legs rock both the sleepless and their sleeping partners with unpredictable and uncontrollable kicking. Out-of-sync circadian rhythms confuse the natural body clock’s days and nights. Then there are the extreme cases. A woman in a state of deep sleep who gets dressed, unlocks her car, and drives for several miles before returning to bed. The man who has spent decades cleaning out kitchens while “sleep-eating.” The teenager prone to the serious, yet unfortunately nicknamed Sleeping Beauty Syndrome stuck in a cycle of excessive unconsciousness, binge eating, and uncharacteristic displays of aggression and hypersexuality while awake. With compassionate stories of his patients and their conditions, Dr. Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but improve our cognitive abilities and overall happiness. "From renowned neuroscientist Adrian Owen comes a thrilling, heartbreaking tale of discovery in one of the least-understood scientific frontiers: the twilight region between full consciousness and brain death. People who inhabit this middle region called the 'gray zone' have sustained traumatic brain injuries or are the victims of stroke or degenerative diseases, such as Alzheimer's and Parkinson's. Many are oblivious to the outside world, and their doctors and families often believe they're incapable of thought. But a sizable number of patients--as many as twenty percent--are experiencing something different: intact minds adrift within damaged brains and bodies. In 2006, Adrian Owen led a team that discovered this lost population and made medical history, provoking an ongoing debate among scientists, physicians, and philosophers about the meaning, value, and purpose of life. In Into the Gray Zone, we follow Owen as he pushes forward the boundaries of science, using a variety of sophisticated brain scans, auditory prompts, and even Alfred Hitchcock film clips to not only 'find' patients who are trapped inside their heads but to actually communicate with them and elicit answers to moving questions, such as 'Are you in pain?' and 'Do you want to go on living?' and 'Are you happy?' (Many gray zone patients do, in fact, claim to be satisfied with their quality of life.) Into the Gray Zone shines a fascinating light on how we think, remember, and pay attention. And it shows us how the field of brain-computer interfaces is about to explode, radically changing prognoses for people with impaired brain function and creating, for all of us, the tantalizing possibility of telepathy and augmented intelligence. Ultimately; this is not just a spellbinding story of scientific discovery but a deeply human, affirming book that causes us to wonder anew at the indomitable bonds of love."--Jacket. In the 1960s, Sydney Brenner proposed to use the nematode worm Caenorhabditis elegans to discover the control mechanisms of animal development and to reveal how a small number of neurons generate different behaviours, giving birth to a vibrant community that uses this animal model for their studies. Brenner was aided in his aim by John Sulston, who mapped the C. elegans cell lineages – from a single cell to the multicellular adult – which transformed the field of developmental biology. As a tribute to these two men, this book captures the perspectives of some of the early pioneers of the worm community, from Martin Chalfie, Robert Waterston and Donald Moerman to Catherine Rankin, Antony Stretton and John White. It also includes contributions from subsequent

generations of the community, who explore the development and function of the C. elegans nervous system. This book features how this animal has become one of the best models for elucidating the biology of different sensory modalities and their complex behavioural outputs, or how this animal’s survival strategies have contributed to our understanding of ageing and neurodegeneration. Thus, this volume documents the development of the C. elegans neuroscience field, from infancy to maturity. The chapters in this book were originally published as a special issue of the Journal of Neurogenetics. How the brain helps us to understand and navigate space—and why, sometimes, it doesn’t work the way it should. Inside our heads we carry around an infinite and endlessly unfolding map of the world. Navigation is one of the most ancient neural abilities we have—older than language. In Dark and Magical Places, Christopher Kemp embarks on a journey to discover the remarkable extent of what our minds can do. Fueled by his own spatial shortcomings, Kemp describes the brain regions that orient us in space and the specialized neurons that do it. Place cells. Grid cells. He examines how the brain plans routes, recognizes landmarks, and makes sure we leave a room through a door instead of trying to leave through a painting. From the secrets of supernavigators like the indigenous hunters of the Bolivian rainforest to the confusing environments inhabited by people with place blindness, Kemp charts the myriad ways in which we find our way and explains the cutting-edge neuroscience behind them. How did Neanderthals navigate? Why do even seasoned hikers stray from the trail? What spatial skills do we inherit from our parents? How can smartphones and our reliance on GPS devices impact our brains? In engaging, engrossing language, Kemp unravels the mysteries of navigating and links the brain’s complex functions to the effects that diseases like Alzheimer’s, types of amnesia, and traumatic brain injuries have on our perception of the world around us. A book for anyone who has ever felt compelled to venture off the beaten path, Dark and Magical Places is a stirring reminder of the beauty in losing yourself to your surroundings. And the beauty in understanding how our brains can guide us home. Discover how the creative brain works across musical, literary, visual artistic, kinesthetic and scientific spheres, and how to study it. “Hart’s argument that we need to drastically revise our current view of illegal drugs is both powerful and timely . . . when it comes to the legacy of this country’s war on drugs, we should all share his outrage.” —The New York Times Book Review From one of the world's foremost experts on the subject, a powerful argument that the greatest damage from drugs flows from their being illegal, and a hopeful reckoning with the possibility of their use as part of a responsible and happy life Dr. Carl L. Hart, Ziff Professor at Columbia University and former chair of the Department of Psychology, is one of the world's preeminent experts on the effects of so-called recreational drugs on the human mind and body. Dr. Hart is open about the fact that he uses drugs himself, in a happy balance with the rest of his full and productive life as a researcher and professor, husband, father, and friend. In Drug Use for Grown-Ups, he draws on decades of research and his own personal experience to argue definitively that the criminalization and demonization of drug use--not drugs themselves--have been a tremendous scourge on America, not least in reinforcing this country's enduring structural racism. Dr. Hart did not always have this view. He came of age in one of Miami's most troubled neighborhoods at a time when many ills were being laid at the door of crack cocaine. His initial work as a researcher was aimed at proving that drug use caused bad outcomes. But one problem kept cropping up: the evidence from his research did not support his hypothesis. From inside the massively well-funded research arm of the American war on drugs, he saw how the facts did not support the ideology. The truth was dismissed and distorted in order to keep fear and outrage stoked, the funds rolling in, and Black and brown bodies behind bars. Drug Use for Grown-Ups will be controversial, to be sure: the propaganda war, Dr. Hart argues, has been tremendously effective. Imagine if the only subject of any discussion about driving automobiles was fatal car crashes. Drug Use for Grown-Ups offers a radically different vision: when used responsibly, drugs can enrich and enhance our lives. We have a long way to go, but the vital conversation this book will generate is an extraordinarily important step. Two neuroscientists reveal why consciousness exists and how it works by examining eighteen increasingly intelligent minds, from microbes to humankind—and beyond. Why do you exist? How did atoms and molecules transform into sentient creatures that experience longing, regret, compassion, and even marvel at their own existence? What does it truly mean to have a mind—to think? Science has offered few answers to these existential questions until now. Journey of the Mind is the first book to offer a unified account of the mind that explains how consciousness, language, self-awareness, and civilization arose incrementally out of chaos. The journey begins three billion years ago with the emergence of the universe’s simplest possible mind. From there, the book explores the nanoscopic archaeon, whose thinking machinery consists of a handful of molecules, then advances through amoebas, worms, frogs, birds, monkeys, and humans, explaining what each “new” mind could do that previous minds could not. Though they admire the triumph of human consciousness, Ogi Ogas and Sai Gaddam argue that humans are hardly the most sophisticated minds on the planet. The same physical principles that produce human self-awareness are leading cities and nation-states to develop “superminds,” and perhaps planting the seeds for even higher forms of consciousness. Written in lively, accessible language accompanied by vivid illustrations, Journey of the Mind is a mind-bending work of popular science, the first general book to share the cutting-edge mathematical basis for consciousness, language, and the self. It shows how a “unified theory of the mind” can explain the mind’s greatest mysteries—and offer clues about the ultimate fate of all minds in the universe. International Best Seller The Art of Neuroscience in Everything is an enchanting exploration of scientific revelation through the surreal and enigmatic experiences of human life, by the celebrated Neuroscientist and one of the greatest thinkers of 21st Century Abhijit Naskar. All human experiences, behaviors, beliefs and feelings such as love, attraction, kindness, empathy, rage, attachment, bereavement and spirituality are the creation of various intricate and inexplicable molecular interactions within the brain. The book opens up that beautiful maze of the human brain to us and brings us closer to our deepest instincts and emotions. The story of a neural impulse and what it reveals about how our brains work We see the last cookie in the box and think, can I take that? We reach a hand out. In the 2.1 seconds that this impulse travels through our brain, billions of neurons communicate with one another, sending blips of voltage through our sensory and motor regions. Neuroscientists call these blips “spikes.” Spikes enable us to do everything: talk, eat, run, see, plan, and decide. In The Spike, Mark Humphries takes readers on the epic journey of a spike through a single, brief reaction. In vivid language, Humphries tells the story of what happens in our brain, what we know about spikes, and what we still have left to understand about them. Drawing on decades of research in neuroscience, Humphries explores how spikes are born, how they are transmitted, and how they lead us to action. He dives into previously unanswered mysteries: Why are most neurons silent? What causes neurons to fire spikes spontaneously, without input from other neurons or the outside world? Why do most spikes fail to reach any destination? Humphries presents a new vision of the brain, one where fundamental computations are carried out by spontaneous spikes that predict what will happen in the world, helping us to perceive, decide, and react quickly enough for our survival. Traversing neuroscience’s expansive terrain, The Spike follows a single electrical response to illuminate how our extraordinary brains work. “Compelling, essential reading for understanding the underpinnings of psychopathy.” — M. E. Thomas, author of Confessions of a Sociopath For his first fifty-eight years, James Fallon was by all appearances a normal guy. A successful neuroscientist and professor, he’d been raised in a loving family, married his high school sweetheart, and had three kids and lots of friends. Then he learned a shocking truth that would not only disrupt his personal and professional life, but would lead him to question the very nature of his own identity. While researching serial killers, he uncovered a pattern in their brain scans that helped explain their cold and violent behavior. Astonishingly, his own scan matched that pattern. And a few months later he learned that he was descended from a long line of murderers. Fallon set out to reconcile the truth about his own brain with everything he knew as a scientist about the mind, behavior, and personality. An introduction to the structure and function of the nervous system that emphasizes the history of experiments and observations that led to modern neuroscientific knowledge. This introduction to neuroscience is unique in its emphasis on how we know what we know about the structure and function of the nervous system. What are the observations and experiments that have taught us about the brain and spinal cord? The book traces our current neuroscientific knowledge to many and varied sources, including ancient observations on the role of the spinal cord in posture and movement, nineteenth-century neuroanatomists' descriptions of the nature of nerve cells, physicians' attempts throughout history to correlate the site of a brain injury with its

symptoms, and experiments on the brains of invertebrates. After an overview of the brain and its connections to the sensory and motor systems, Neuroscience discusses, among other topics, the structure of nerve cells; electrical transmission in the nervous system; chemical transmission and the mechanism of drug action; sensation; vision; hearing; movement; learning and memory; language and the brain; neurological disease; personality and emotion; the treatment of mental illness; and consciousness. It explains the sometimes baffling Latin names for brain subdivisions; discusses the role of technology in the field, from microscopes to EEGs; and describes the many varieties of scientific discovery. The book's novel perspective offers a particularly effective way for students to learn about neuroscience. It also makes it clear that past contributions offer a valuable guide for thinking about the puzzles that remain. High Price is the harrowing and inspiring memoir of neuroscientist Carl Hart, a man who grew up in one of Miami’s toughest neighborhoods and, determined to make a difference as an adult, tirelessly applies his scientific training to help save real lives. Young Carl didn't see the value of school, studying just enough to keep him on the basketball team. Today, he is a cutting-edge neuroscientist—Columbia University’s first tenured African American professor in the sciences—whose landmark, controversial research is redefining our understanding of addiction. In this provocative and eye-opening memoir, Dr. Carl Hart recalls his journey of self-discovery, how he escaped a life of crime and drugs and avoided becoming one of the crack addicts he now studies. Interweaving past and present, Hart goes beyond the hype as he examines the relationship between drugs and pleasure, choice, and motivation, both in the brain and in society. His findings shed new light on common ideas about race, poverty, and drugs, and explain why current policies are failing. What can magic tell us about ourselves and our daily lives? If you subtly change the subject during an uncomfortable conversation, did you know you're using attentional 'misdirection', a core technique of magic? And if you've ever bought an expensive item you'd sworn never to buy, you were probably unaware that the salesperson was, like an accomplished magician, a master at creating the 'illusion of choice'. Leading neuroscientists Stephen Macknik and Susana Martinez-Conde meet with magicians from all over the world to explain how the magician's art sheds light on consciousness, memory, attention, and belief. As the founders of the new discipline of NeuroMagic, they combine cutting-edge scientific research with startling insights into the tricks of the magic trade. By understanding how magic manipulates the processes in our brains, we can better understand how we work - in fields from law and education to marketing, health and psychology - for good and for ill. From the world's foremost neuroscientist of romantic love comes a personal story of connection and heartbreak that brings new understanding to an old truth: better to have loved and lost than never to have loved at all.At thirty-seven, Dr. Stephanie Cacioppo was content to be single. She was fulfilled by her work on the neuroscience of romantic love; how finding and growing with a partner literally reshapes our brains. That was, until she met the foremost neuroscientist of loneliness. A whirlwind romance led to marriage, to sharing an office at the University of Chicago. After seven years of being inseparable at work and home, she lost her beloved husband following a devastating battle with cancer.In Wired for Love, Dr. Stephanie Cacioppo tells not just not just a science story, but also a love story. She shares revelatory insights into how we fall in love, and why; what makes love last; and how we process love lost-all grounded in cutting-edge findings in brain chemistry and behavioural science. Woven through it all is her moving personal story, from astonishment, to unbreakable bond, to grief and healing. Her experience and her work enrich each other, creating a singular blend of science and lyricism that's essential reading for anyone looking for connection. "In the early 18th century, Piedmontese intellectuals and scientists were keen on dialoguing with colleagues and academic institutions across the Alps. They had a truly cosmopolitan approach to research and its dissemination. Physicians were particularly active, and ideas started to circulate. Turin and Piedmont found themselves within a network connecting the most important European capitals, but also their scientific societies and the universities. This stimulating environment was further enriched by the growth of the civil society: new academies were funded and scientific works were published. These became the pillars of a renewed 'cosmopolitan spirit'. During the second half of the century, exchanges among academic institution and societies, but also friendships and personal contacts (sometimes even occasional) favoured the 'process of Europeanisation' (and of 'deprovincialization') of Piedmontese culture and its medicine. This process was defined and described by Vincenzo Ferrone, an historian of the Enlightenment. As a result, Turin joined the league of other European capitals, such as Paris, Berlin and Saint Petersburg (Ferrone, 1988). This became especially evident under Victor Amadeus II, were rationalisation programmes against myths and false beliefs flourished"--

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