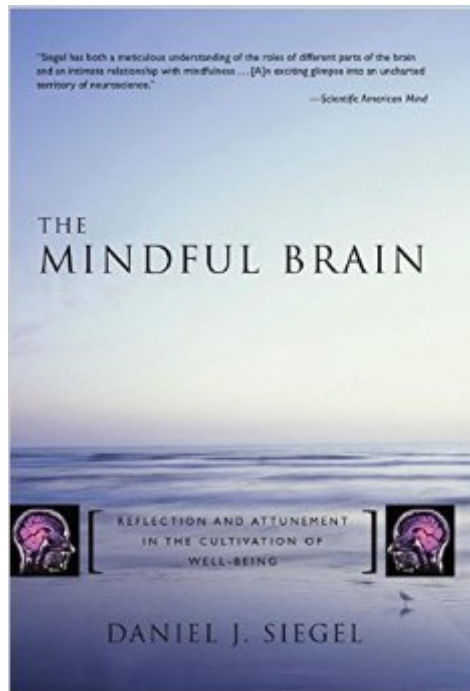


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# The Mindful Brain: Reflection And Attunement In The Cultivation Of Well-Being



## Synopsis

A new framework for maintaining mental health and well-being. From the author of the internationally-acclaimed best-selling text *The Developing Mind*, and esteemed leader and educator in the field of mental health, comes the first book ever to integrate neuroscience research with the ancient art of mindfulness. The result is a groundbreaking approach to not simply mental health, but life in general, which shows readers how personal awareness and attunement can actually stimulate emotional circuits in the brain, leading to a host of physiological benefits, including greater well-being, resilience, emotional balance, and improved cardiac and immune function. For clinicians and laypeople alike, Siegel's illuminating discussions of the power of the focused mind provide a wealth of ideas that can transform our lives and deepen our connections with others, and with ourselves.

## Book Information

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## Customer Reviews

A favorite book of mine is Ellen Langer's "Mindfulness." Happily still in print though it is nearly twenty years old. With it, Ellen, an eminent academic at Harvard introduced the psychological community to something that lies at the core of many religious, spiritual and contemplative practices. This marvelous book by the co-director of the UCLA Mindful Awareness Center is a next step. To give you a flavor of the book, let me quote from the Preface, "Welcome to a journey into the heart of our lives. Being mindfully aware, attending to the richness of our here-and-now experiences, creates scientifically recognized enhancements in our physiology, our mental functions, and our

inter-personal relationships. Being fully present in our awareness opens our lives to new possibilities of well-being. Almost all cultures have practices that help people develop awareness of the moment. Each of the major religions of the world utilizes some method to enable individuals to focus their attention, from meditation to prayer, yoga to t'ai chi. "For Daniel Siegel, being "mindful: means being aware, of being conscientious, with kindness and care." He uses a helpful acronym: COAL, for curiosity, openness, acceptance and love. As Daniel points out, we are in desperate need of finding a new way of being, not just in ourselves, but in our relationships, schools and in society as a whole. Professionals constantly see the terrible consequences for people who feel social isolation, dislocation and alienation. Yet until the advent of the Positive Psychology movement, academic psychology, psychotherapy and psychiatry had all focused almost exclusively on the sick mind.

I've always been a fan of this author, he is a scholar, excellent writer and based on his writing a wise individual. What makes this book especially good from my perspective is the balancing of subjective information from the world's wisdom traditions and his own interior experience with their physical correlates i.e. rigorous science without reducing either to the other. This is extremely refreshing and this carefully researched book adopts an attitude of openness, curiosity and wonder. In addition, THE MINDFUL BRAIN is NOT written solely for academically minded individuals or psychologists. It is very readable by any intelligent layperson and extremely engaging. It is theoretical, but also compellingly practical in the spirit of Parenting From the Inside Out, which I highly recommend as well. I also The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are is an incredible book. However, this is much less accessible to the average person than this volume and the one in the preceding paragraph. More concisely, what Daniel Siegel has done is brought together what we know from the various contemplative traditions, mind-body medicine and neuroscience together in a compelling argument for the value of mindfulness to everyday life, happiness and health. I would think this would be something everyone would be interested in. While it's a wonderful adaptation to be able to think ahead, plan, etc.

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