

WHY

**UNDERSTANDING THE RAGE
CIRCUIT IN YOUR BRAIN**

WE

R. DOUGLAS FIELDS, PhD

SNAP

**THE 9 TRIGGERS
REVEALED**

Why We Snap Understanding The Rage Circuit In Your Brain

Minna Dubin



Why We Snap Understanding The Rage Circuit In Your Brain:

Why We Snap Douglas Fields, 2016-01-12 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

Why We Rage Melissa Mayer, 2019-08 Have you ever blown up at your best friend or sibling Maybe you were just so angry but you didn't really know why The answer is in the science of rage Whether you keep your anger bottled up or sometimes lash out with or without meaning to middle school is a time when you get ALL THE FEELS But next time you or your friends get mad you'll understand what's really going on in your brains Plus you'll learn tips to decode aggressive body language and how to listen when your anger is telling you something is wrong Find out what's happening in your body and how anger can actually be useful But keep your head Mental health is still important so when rage and aggressive feelings have crossed the line you'll also learn when it's time to reach out for help

Mom Rage Minna Dubin, 2023-09-19 A frank feminist examination of the hidden crisis of rage facing American mothers and how we can fix it Mothers aren't supposed to be angry Still Minna Dubin was an angry mom exhausted by the grueling thankless work of full time parenting and feeling her career slip away she would find herself screaming at her child or exploding at her husband When Dubin pushed past her shame and talked with other mothers about how she was feeling she realized that she was far from alone *Mom Rage* is Dubin's groundbreaking work of reportage about an unspoken crisis of anger sweeping the country and the world She finds that while a specific instance of rage might be triggered by something as simple as a child who won't

tie her shoes the roots of the anger go far deeper from the unequal burden of childcare shouldered by moms to the flattening of women's identities once they have kids Drawing on insights from moms across the spectrum of race sexual orientation and class she offers practical tools to help readers disarm their rage in the moment while never losing sight of the broader social change we need to stop raging for good

Big Feelings Liz Fosslien, Mollie West Duffy, 2022-04-26 From the duo behind the bestselling book *No Hard Feelings* and the wildly popular *Liz and Mollie* Instagram an insightful and approachable illustrated guide to handling our most difficult emotions We all experience unwieldy feelings But between our emotion phobic society and the debilitating uncertainty of modern times we usually don't know how to talk about what we're going through much less handle it Over the past year Liz Fosslien and Mollie West Duffy's online community has laughed and cried about productivity guilt pandemic anxiety and Zoom fatigue Now *Big Feelings* addresses anyone intimidated by oversized feelings they can't predict or control offering the tools to understand what's really going on find comfort and face the future with a sense of newfound agency Weaving surprising science with personal stories and original illustrations each chapter examines one uncomfortable feeling like envy burnout and anxiety and lays out strategies for turning big emotions into manageable ones You'll learn How to end the cycle of intrusive thoughts brought on by regret and instead use this feeling as a compass for making decisions How to identify what's behind your anger and communicate it productively without putting people on the defensive Why we might be suffering from perfectionism even if we feel far from perfect and how to detach your self worth from what you do *Big Feelings* helps us understand that difficult emotions are not abnormal and that we can emerge from them with a deeper sense of meaning We can't stop emotions from bubbling up but we can learn how to make peace with them

Are We Done Fighting? Matthew Legge, 2019-05-28 Powerful tools for spreading peace in your community Unfounded beliefs and hateful political and social divisions that can cascade into violence are threatening to pull the world apart Responding to fear and aggression strategically and with compassion is vital if we are to push back against the politics of hate and live in greater safety and harmony But how to do it *Are We Done Fighting* is brimming with the latest research practical activities and inspirational stories of success for cultivating inner change and spreading peace at the community level and beyond Coverage includes An explanation of the different styles of conflict Cognitive biases that help explain polarized and lose lose positions Practical methods and activities for changing our own and others minds When punishment works and doesn't and how to encourage discipline in children without using violence The skill of self compassion and ways to reduce prejudice in ourselves and others Incredible programs that are rebuilding trust between people after genocide Packed with inspiration and cutting edge findings from fields including neuroscience social psychology and behavioural economics *Are We Done Fighting* is an essential toolkit for activists community and peace groups and students and instructors working to build dialogue understanding and peace as the antidote to the politics of hate and division

AWARDS SILVER 2019 Nautilus Book Awards Social Change Social Justice

Unfolding Consciousness Edi Bilimoria, 2024-03-11

Exploring the Living Universe and Intelligent Powers in Nature and Humans author Edi Bilimoria heralds the new science of consciousness and offers the readers a roadmap and necessary tools to achieve future growth Presented in three volumes plus volume IV contains references resources further reading they reveal the unity of the Eastern and Western branches of our perineal wisdom Bilimoria shows how science seeks truth using a synthesis of both traditions Evidence from a wide range of sources scientific medical philosophical religious and cultural is put forward to argue the case that humans are spiritual beings primarily and not merely complicated biological machines Bilimoria teaches that consciousness is not the product of matter but the primary element from which all else emanates This process and its underlying mechanisms are described in detail with much clarity This work has over 2000 references and is supported by copious tables and diagrams plus individual chapter summaries and sidenotes to assist readers in navigating the multidimensional terrain traversed Key areas The scientific and esoteric worldviews compared and contrasted The ultimate promise of science The soft and hard problems of consciousness How external input to the physical senses results in an internal subjective experience Quantum physics its contribution to a new scientific paradigm The Mystery Teachings of All Ages their worldwide unity and central message Wet computers and computers Is the brain no different in principle from a computer Death and after the transition and continuity of consciousness in other realms Paranormal phenomena and apparitions Subtle bodies Evolution and destiny Powers latent in human beings Divinity and the united message of all world religions The question of immortality The primacy of consciousness and the manner of its unfoldment from the unmanifest realms to the physical world Edi Bilimoria s guest appearance on the Shepherd Walwyn podcast series can be found on this link <https://shepherdwalwyn.com/edi-bilimoria-unfolding-consciousness-why-sapolsky-is-wrong-and-how-to-get-in-tune-with-life/> Electric Brain R. Douglas Fields, 2020-02-04 2020 Foreword Indie Award Winner in the Science Technology Category What is as unique as your fingerprints and more revealing than your diary Hint Your body is emitting them right now and has been every single day of your life Brainwaves Analyzing brainwaves the imperceptible waves of electricity surging across your scalp has been possible for nearly a century But only now are neuroscientists becoming aware of the wealth of information brainwaves hold about a person s life thoughts and future health From the moment a reclusive German doctor discovered waves of electricity radiating from the heads of his patients in the 1920s brainwaves have sparked astonishment and intrigue yet the significance of the discovery and its momentous implications have been poorly understood Now it is clear that these silent broadcasts can actually reveal a stunning wealth of information about any one of us In Electric Brain world renowned neuroscientist and author R Douglas Fields takes us on an enthralling journey into the world of brainwaves detailing how new brain science could fundamentally change society separating fact from hyperbole along the way In this eye opening and in depth look at the most recent findings in brain science Fields explores groundbreaking research that shows brainwaves can Reveal the type of brain you have its strengths and weaknesses and your aptitude for learning different types of information Allow

scientists to watch your brain learn glean your intelligence and even tell how adventurous you are Expose hidden dysfunctions including signifiers of mental illness and neurological disorders Render your thoughts and transmit them to machines and back from machines into your brain Meld minds by telepathically transmitting information from one brain to another Enable individuals to rewire their own brains and improve cognitive performance Written by one of the neuroscientists on the cutting edge of brainwave research Electric Brain tells a fascinating and obscure story of discovery explains the latest science and looks to the future and the exciting possibilities in store for medicine technology and our understanding of ourselves

Change the Narrative: How Reading 100 Books in a Year Changed Mine Elliot

Yi,2019-07-16 A journey that started without the intention of a transformation results in seismic change and growth Buckle in take a wild ride down the path of creating habits and changing mindsets

Religion and Genocide Steven Leonard

Jacobs,2022-10-31 Religion and Genocide Changing the Conversation is a cutting edge introduction to the complex and controversial relationship between religion and genocide This book aims to widen the reader s understanding of religion and those who practice it the nexus of religion and violence and those who legitimate their violence by framing it in religious terms by looking at notions of holy wars religious wars and genocide and the practitioners of such This book delves into our current thinking of ourselves as biological entities our relationship to genocide and the impact of geography including climate change and diseases on our humanity and our ability to commit genocide Tying together all these seemingly disparate threads this text concludes with the significant and still largely unanswered question Where do we go from here Highlighting the complex relationship between religion and genocide this is an essential read for students and academics studying religion and violence Judaism Judaic studies and holocaust and genocide studies Religion and Genocide will also be of interest to researchers in related subjects such as history politics sociology and anthropology

Firefighter Emotional

Wellness Jada Hudson,2022-03-15 Firefighter Emotional Wellness Reconnecting with Yourself and Others is a training exercise for your heart and mind It s an excellent evidence based self help book with boots on the ground sharing interviews with firefighters and how they adapt You are looking at a critical part of your success as a first responder and human being and it doesn t mean that you will have perfect understanding right away or ever but what it means is you will begin to find tools that help you grapple with what you have seen Jada Hudson What others are saying By sharing personal stories of her clients emotional wellness struggles Jada Hudson takes away the stigma of talking about things like depression anxiety addiction suicidal ideation said Dr Thomas E Joiner an academic psychologist author and professor of psychology Florida State University Firefighter Emotional Wellness Reconnecting with Yourself and Others is a must read for every academy recruit newlywed leader retiree spouse and individual who wants to become or remain emotionally well Jada Hudson s years of critically important work with counseling first responders has come full circle in this book Her insight guidance and examination of the issues facing the men and women on the front lines is both remarkable and humbling This book should be

a must read for any first responder or medical professional Dr Robert Langman Northwestern Medicine Chicago I highly recommend this book for first responders peer support programs chaplains and clinicians said Dr Joel Fay who teaches intervention case law PTSD Suicide by Cop and Self Care for Sacramento PD CIT Jada Hudson brings a considerable wealth of information regarding the mental health and treatment of first responders She covers a broad range of topics including PTSD suicide stress and trauma resiliency and treatment She shares her professional knowledge and writes from her personal experience and the book is richer for it Jada Hudson draws upon her personal and professional experience as well as research and theory in writing Firefighter Emotional Wellness a book that is timely and important says Dr Stanley McCracken author and lecturer at The University of Chicago Just as first responders drill to prepare them for the physical demands of their jobs reading this book should be considered a preparation for the emotional demands they will face *The Diversity of Darkness and Shameful Behaviors* Tim Delaney, 2022-05-06 The premise of *The Diversity of Darkness and Shameful Behaviors* is to emphasize the need for enlightened rational thinking as a paradigm of thought as the culture of shamelessness continues to grow and cast its repulsive dark shadow over those who embrace enlightened reason and basic human rights for all *Diversity of Darkness* is an innovative work and represents the third book of a trilogy written by the author that underscores the reality that there are many shamefully hateful and deadly behavioral threats that have jeopardized the very notions of civility decency and justice around the world This unique book utilizes evidence based approaches in the examination of human behaviors in society that have become increasingly shameful and tolerated among a growing number of enablers Key features include a combination of academic analyses that draw on numerous and specific examples of the diversity of darkness that encompasses the world along with a balanced practical everyday life approach to the study of the socio political world we live in through the use of contemporary culture references and featured popular culture boxes Social scientists social thinkers and the general audience alike will be intrigued by the diversity of topics covered including anti civil rights movements the rise of supremacist groups hate crimes mass shootings and active shootings terrorism war and genocide an increase in shameful behaviors and attempts to shame others and attacks on science reason and rationality We should realize that humanity has the intellect to accomplish great feats but heed the growing culture of shamelessness irrationality and the diversity of darkness *The Mystery of the Ultimatum Game* Kayoko Kobayashi, 2025-03-03 This ambitious book is the first to present a theoretical framework for a unified analysis of both behavioral and traditional economics It explores the ultimate factors from an evolutionary perspective in addressing why humans are predictably irrational and proposes adaptive rationality a new direction for understanding human behavior Taking anomalies in ultimatum game experiments as a starting point this book presents findings from hundreds of experiments The interdisciplinary nature of the book which encompasses the latest research across an astonishingly wide range of fields including game theory psychology neuroscience cognitive science cultural anthropology biology and ethology

provides boundless intellectual excitement While this is an academic book discussing human rationality it can also be seen as a popular science book that delves deeply into questions such as What underlies human decision making The book stands out for its unique approach making it an unparalleled reading experience The original Japanese edition won the Nikkei Prize for Economics Books the 64th Nikkei Keizai Tosho Bunka award in 2021 an accolade bestowed upon an outstanding economics book published in a given year Furthermore this edition also received the Takashima Kunio Jiyu Prize Encouragement Award in 2024

Top Gun Performance Ted Carter, Jack A. Stark, 2025 In *Top Gun Performance* Ted Carter and Jack Stark use their personal and professional experiences to teach readers how to change their behavior to achieve their best how they feel think and behave in their everyday lives

The Violence Inside Us Chris Murphy, 2021-05-18 An engrossing moving and utterly motivating account of the human stakes of gun violence in America Samantha Power Pulitzer Prize winning author of *The Education of an Idealist* Is America destined to always be a violent nation This sweeping history by U S senator Chris Murphy explores the origins of our violent impulses the roots of our obsession with firearms and the mythologies that prevent us from confronting our national crisis In many ways the United States sets the pace for other nations to follow Yet on the most important human concern the need to keep ourselves and our loved ones safe from physical harm America isn't a leader We are disturbingly laggard To confront this problem we must first understand it In this carefully researched and deeply emotional book Senator Chris Murphy dissects our country's violence filled history and the role that our unique obsession with firearms plays in this national epidemic Murphy tells the story of his profound personal transformation in the wake of the mass murder at Newtown and his subsequent immersion in the complicated web of influences that drive American violence Murphy comes to the conclusion that while America's relationship to violence is indeed unique America is not inescapably violent Even as he details the reasons we've tolerated so much bloodshed for so long he explains that we have the power to change Murphy takes on the familiar arguments obliterates the stale talking points and charts the way to a fresh less polarized conversation about violence and the weapons that enable it a conversation we urgently need in order to transform the national dialogue and save lives

Three Faces of Sun Tzu Scott Boorman, 2024-02-15 Sun Tzu's *Art of War* is widely regarded as the most influential military strategic classic of all time Through reverse engineering of the text structured around 14 Sun Tzu themes this rigorous analysis furnishes a thorough picture of what the text actually says drawing on Chinese language analyses historical philological archaeological sources traditional commentaries computational ideas and strategic logistics perspectives Building on this anchoring the book provides a unique roadmap of Sun Tzu's military and intelligence insights and their applications to strategic competitions in many times and places worldwide from Warring States China to contemporary US China strategic competition and other 21st century competitions involving cyber warfare computing other hi tech conflict espionage and more Simultaneously the analysis offers a window into Sun Tzu's limitations and blind spots relevant to managing 21st century strategic competitions with Sun Tzu inspired adversaries or

rivals **The Burnout Solution** Sharon Grossman, 2025-08-05 An empowering guide to understanding the causes of burnout recovering your energy and rebuilding a balanced life Are you tired of feeling drained overwhelmed and uninspired You re not alone Millions of people worldwide struggle with burnout a debilitating condition that can impact every aspect of your life But it doesn t have to be this way Dr Sharon Grossman a psychologist and executive coach has helped countless individuals and organizations overcome burnout and achieve lasting well being In *The Burnout Solution* she shares her proven 7 step framework to help you Identify the early signs of burnout Understand how burnout manifests in your life Build resilience and emotional intelligence Protect and replenish your energy Prioritize meaningful work and eliminate energy drains Rediscover your core values and purpose Create a balanced and gratifying life With practical exercises insightful reflections and a supportive community *The Burnout Solution* empowers you to take control of your well being and to thrive Don t let burnout hold you back any longer Discover the path to a happier healthier and more fulfilling life **Why Humans Fight** Siniša Malešević, 2022-10-06 Male evi offers a novel sociological answer to the age old question Why do humans fight Instead of focusing on the motivations of solitary individuals he emphasises the centrality of the social and historical contexts that make fighting possible He argues that fighting is not an individual attribute but a social phenomenon shaped by one s relationships with other people Drawing on recent scholarship across a variety of academic disciplines as well as his own interviews with the former combatants Male evi shows that one s willingness to fight is a contextual phenomenon shaped by specific ideological and organisational logic This book explores the role biology psychology economics ideology and coercion play in one s experience of fighting emphasising the cultural and historical variability of combativeness By drawing from numerous historical and contemporary examples from all over the world Male evi demonstrates how social pugnacity is a relational and contextual phenomenon that possesses autonomous features **Detoxing American Schools** Ernest J. Zarra III, 2020-09-15 *Detoxing America Schools From Social Agency to Academic Urgency* examines the issue of toxicity in public education institutions Today s students are exposed to personal beliefs lifestyle practices and politicized educational policies many of which are in contrast to the values of their upbringing The innate toxic intentions of some teachers are revealed by their unabashed calls for students to take sides through avenues of shaming and even civil disobedience Schools have become vessels of social agency The time has come to detox American education and to call for teachers to return to the urgent fundamental mission of educating students academically Too many teachers are following the paradigm found on many college campuses as they use prior experience to stir up students and bring new levels of emotion into their classrooms The classroom environment has flipped and what was once tolerance has become the new toxic intolerance Fractious Americans seem addicted to the use of polarized issues as social and emotional intoxicants Groups are strategic in seizing upon differences to ensure augmentation and marginalization upon ideological lines intensified often by the flames of social media and intolerant activism College students emerging from Gen Z are more radicalized from their time at college Unless

American educators agree to step back from certain poisonous rhetoric and noxious activism our nation will continue to lose sight of the academic urgency before us and with it a generation of children

Understanding Anxiety Carol King, Sean Kelly, 2022-05-10 Anxiety sufferers as well as the health professionals and loved ones who support them are often unaware of the true extent of their struggles Family and friends misunderstand anxious people believing they are lazy or lack initiative Patients seek treatment for the symptoms of anxiety again and again never addressing the underlying reasons for their disorder This book covers the complexity of anxiety in everyday life as well as its effect on happiness and achievement told through the experiences of anxiety sufferers across life stages from childhood through retirement years The author uses scientific literature and 40 years of clinical experience to describe the major anxiety disorders and to illuminate their scope For anxiety sufferers as well as their family members and medical professionals this book provides solutions for dealing with anxiety before it becomes too overwhelming

Excavating Stephen King James Arthur Anderson, 2020-10-28 Excavating Stephen King A Darwinist Hermeneutic Study of the Fiction combines approaches from science and literary theory to examine the canon of Stephen King s fiction work in a single critical study James Arthur Anderson has devised the concept of Darwinist Hermeneutics as a critical tool to combine evolutionary psychology neuroscience biology and literary Darwinism with other more conventional critical theory including structuralism narratology semiotics and linguistic analysis Using this theory Anderson examines King s works in terms of archetypes and mythology human universals affective emotions and the organization of story to create maximum suspense This method brings new insights into King s stories and broader implications for storytelling as a whole

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