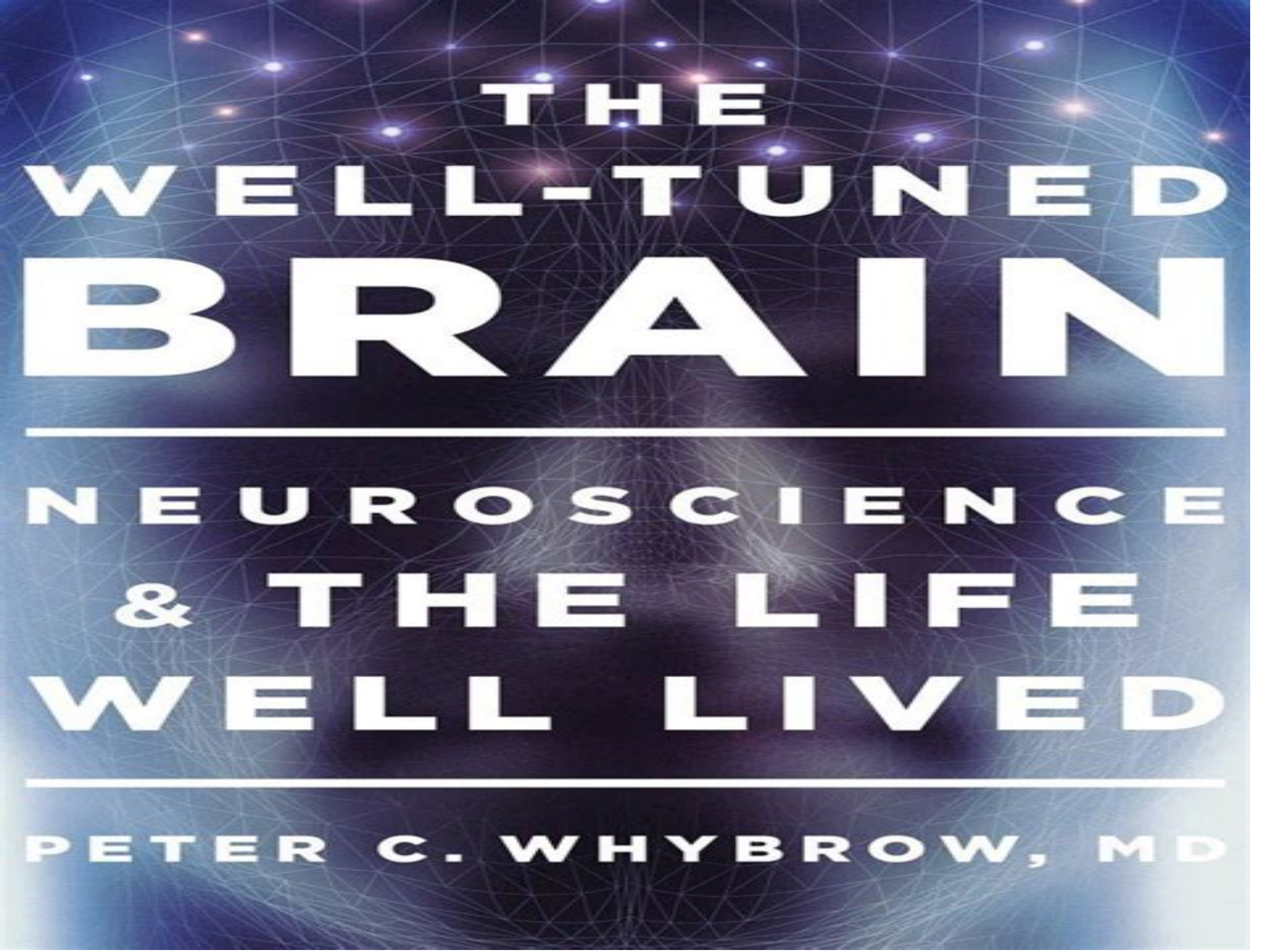




THE WELL-TUNED BRAIN

**NEUROSCIENCE
& THE LIFE
WELL LIVED**

PETER C. WHYBROW, MD

The Well Tuned Brain Neuroscience And The Life Well Lived

Peter A. Victor, Brett Dolter



The Well Tuned Brain Neuroscience And The Life Well Lived:

The Well-Tuned Brain Peter C Whybrow, Md, 2015-05-19 In this optimistic and inspiring book Peter Whybrow the prize winning author of *American Mania* returns to offer a prescription for genuine human progress *The Well Tuned Brain* is a call to action Swept along by the cascading advances of today's technology most of us take for granted that progress brings improvement Despite spectacular material advance however the evidence grows that we are failing to create a sustainable future for humanity We are out of tune with the planet that nurtures us Technology itself is not the problem as Whybrow explains but rather our behavior Throughout its evolution the ancient brain that guides us each day has been focused on short term survival But fortunately we are intensely social creatures Without the caring behaviors that flow from intimate attachments to others we would be relying on a brain that is only marginally adapted to the complexity of the problems we must now face together Today we must grapple with survival not in its immediacy but over the long term The first step in finding our way forward is to reexamine who we are as creatures of this planet To this end Whybrow takes us on a fascinating tour of self discovery drawing extensively upon his decades of experience as a psychiatrist and his broad knowledge of neuroscience and human behavior Illustrated throughout with engaging personal stories the book's trove of cutting edge science is enriched by philosophical historical and cultural perspectives What emerges is a summons to rediscover the essential virtues of earlier nurturing of mentored education and an engagement with the natural world through curiosity and imagination Neuroscience can open the search for a better future But technology alone will not save us To achieve success we will need the strength and wisdom of our better nature as humane social beings

The Well-Tuned Brain Peter C. Whybrow, 2015-05-11 In this optimistic and inspiring book Peter Whybrow the prize winning author of *American Mania* returns to offer a prescription for genuine human progress *The Well Tuned Brain* is a call to action Swept along by the cascading advances of today's technology most of us take for granted that progress brings improvement Despite spectacular material advance however the evidence grows that we are failing to create a sustainable future for humanity We are out of tune with the planet that nurtures us Technology itself is not the problem as Whybrow explains but rather our behavior Throughout its evolution the ancient brain that guides us each day has been focused on short term survival But fortunately we are intensely social creatures Without the caring behaviors that flow from intimate attachments to others we would be relying on a brain that is only marginally adapted to the complexity of the problems we must now face together Today we must grapple with survival not in its immediacy but over the long term The first step in finding our way forward is to reexamine who we are as creatures of this planet To this end Whybrow takes us on a fascinating tour of self discovery drawing extensively upon his decades of experience as a psychiatrist and his broad knowledge of neuroscience and human behavior Illustrated throughout with engaging personal stories the book's trove of cutting edge science is enriched by philosophical historical and cultural perspectives What emerges is a summons to rediscover the essential virtues of earlier

nurturing of mentored education and an engagement with the natural world through curiosity and imagination Neuroscience can open the search for a better future But technology alone will not save us To achieve success we will need the strength and wisdom of our better nature as humane social beings The Well-Tuned Brain Peter C Whybrow,2016-05-24 In this optimistic and inspiring book Peter Whybrow the prize winning author of *American Mania* returns to offer a prescription for genuine human progress The Well Tuned Brain is a call to action Swept along by the cascading advances of today's technology most of us take for granted that progress brings improvement Despite spectacular material advance however the evidence grows that we are failing to create a sustainable future for humanity We are out of tune with the planet that nurtures us Technology itself is not the problem as Whybrow explains but rather our behavior Throughout its evolution the ancient brain that guides us each day has been focused on short term survival But fortunately we are intensely social creatures Without the caring behaviors that flow from intimate attachments to others we would be relying on a brain that is only marginally adapted to the complexity of the problems we must now face together Today we must grapple with survival not in its immediacy but over the long term The first step in finding our way forward is to reexamine who we are as creatures of this planet To this end Whybrow takes us on a fascinating tour of self discovery drawing extensively upon his decades of experience as a psychiatrist and his broad knowledge of neuroscience and human behavior Illustrated throughout with engaging personal stories the book's trove of cutting edge science is enriched by philosophical historical and cultural perspectives What emerges is a summons to rediscover the essential virtues of earlier nurturing of mentored education and an engagement with the natural world through curiosity and imagination Neuroscience can open the search for a better future But technology alone will not save us To achieve success we will need the strength and wisdom of our better nature as humane social beings *The Emotionally Intelligent Team* Vanessa Urch Druskat,2025-07-22 From a pioneer of team emotional intelligence comes a practical guide for building high performing teams Great teams can sometimes feel like magic So much so that it can be hard to pin down why they work so well But such dynamics are explainable and replicable And at their heart is emotional intelligence While much has been written about the power of emotional intelligence at the individual level little has been said about the benefits of this concept for groups And it's not as simple as putting a number of emotionally intelligent people together and expecting them to work cohesively Instead leaders need to build a team culture around agreed upon norms and habits In this book social and organizational psychologist and professor Vanessa Urch Druskat combines thirty years of research and team development to present a model for building and leading emotionally intelligent teams She offers practical advice on how to build a team where members Help one another succeed through understanding caring and feedback Learn and advance together by reviewing team processes supporting personal expression building optimism and solving problems proactively Engage stakeholders by building an understanding of the team's impact and developing external relationships In reading *The Emotionally Intelligent Team* leaders and aspiring leaders alike will

learn how to develop a strong team culture that motivates and sustains successful collaboration and high performance

Facilitating Learning with the Adult Brain in Mind Kathleen Taylor, Catherine Marienau, 2016-03-07 Practical brain aware facilitation tailored to the adult brain *Facilitating Learning with the Adult Brain in Mind* explains how the brain works and how to help adults learn develop and perform more effectively in various settings Recent neurobiological discoveries have challenged long held assumptions that logical rational thought is the preeminent approach to knowing Rather feelings and emotions are essential for meaningful learning to occur in the embodied brain Using stories metaphors and engaging illustrations to illuminate technical ideas Taylor and Marienau synthesize relevant trends in neuroscience cognitive science and philosophy of mind Readers unfamiliar with current brain discoveries will enjoy an informative easy to read book Neuroscience fans will find additional material designed to supplement their knowledge Many popular publications on brain and learning focus on school aged learners or tend more toward anatomical description than practical application This book provides facilitators of adult learning and development a much needed resource of tested approaches plus the science behind their effectiveness Appreciate the fundamental role of experience in adult learning Understand how metaphor and analogy spark curiosity and creativity Alleviate adult anxieties that impede learning Acquire tools and approaches that foster adult learning and development Compared with other books on brain and learning this volume includes dozens of specific examples of how experienced practitioners facilitate meaningful learning These brain aware approaches can be adopted and adapted for use in diverse settings *Facilitating Learning with the Adult Brain in Mind* should be read by advisors counselors instructors curriculum and instructional developers professional development designers corporate trainers and coaches faculty mentors and graduate students in fact anyone interested in how adult brains learn

Problems of Living Dan J. Stein, 2021-05-11 *Problems of Living Perspectives from Philosophy Psychiatry and Cognitive Affective Science* addresses philosophical questions related to problems of living including questions about the nature of the brain mind reason and emotion happiness and suffering goodness and truth and the meaning of life It draws on critical pragmatic and embodied realism as well as moral naturalism and brings arguments from metaphysics epistemology and ethics together with data from cognitive affective science This multidisciplinary integrated approach provides a novel framework for considering not only the nature of mental disorders but also broader issues in mental health such as finding pleasure and purpose in life Draws on the strongest aspects of polar positions in philosophy and psychiatry to help resolve important perennial debates in these fields Explores continuities between early philosophical work and current cognitive affective sciences including neuroscience and psychology Employs findings from modern cognitive affective science to rethink key long standing debates in philosophy and psychiatry Builds on work showing how mind is embodied in the brain and embedded in society to provide an integrated conceptual framework Assesses both the insights and the limitations of cognitive affective science for addressing the big questions and hard problems of living

David Milch Jason Jacobs, 2019-10-17 This book is about the life and work of David

Milch the writer who created NYPD Blue Deadwood and a number of other important US television dramas It provides a detailed account of Milch s journey from academia to the heights of the television industry locating him within the traditions of achievement in American literature over the past in order to evaluate his contribution to fiction writing It also draws on behind the scenes materials to analyse the significance of NYPD Blue Deadwood John From Cincinnati and Luck Contributing to academic debates in film television and literary studies on authorship the book will be of interest to fans of Milch s work as well as those engaged with the intersection between literature and popular television

Brand Desire Nicholas Ind, Oriol Iglesias, 2016-10-20 Desire is big business If companies can create true desirability for their brands customers will not only express preference and loyalty they also show a willingness to act as brand champions participate in online communities co create innovative ideas and show the sort of commitment that is normally associated with fervent employees However desire doesn t just happen Brands need to nurture it by offering both security and surprise This isn t just about marketing but rather a reflection of an organization wide culture and perspective Using international case studies *Brand Desire* explains how companies can engage customers emotionally and create value for them Managers can successfully build and maintain brand desire through specific strategies and tools such as promoting a principles driven organization that is grounded in its heritage and distinctive competences creating a supportive culture that encourages the active participation of people in brand development providing an opportunity for people to communicate more with each other and to encourage socialization through communities and events and offering outstanding experiences being consistent in delivery from first communications through to after sales service and support In a crowded sales environment brand desire can elevate any product or service so that it stands out from the crowd and stays there *Brand Desire* demonstrates how desirable brands are about desirable experiences and shows what companies can do to maximize those experiences for their customers

Prosperity without Growth Tim Jackson, 2016-12-08 What can prosperity possibly mean in a world of environmental and social limits The publication of *Prosperity without Growth* was a landmark in the sustainability debate Tim Jackson s piercing challenge to conventional economics openly questioned the most highly prized goal of politicians and economists alike the continued pursuit of exponential economic growth Its findings provoked controversy inspired debate and led to a new wave of research building on its arguments and conclusions This substantially revised and re written edition updates those arguments and considerably expands upon them Jackson demonstrates that building a post growth economy is a precise definable and meaningful task Starting from clear first principles he sets out the dimensions of that task the nature of enterprise the quality of our working lives the structure of investment and the role of the money supply He shows how the economy of tomorrow may be transformed in ways that protect employment facilitate social investment reduce inequality and deliver both ecological and financial stability Seven years after it was first published *Prosperity without Growth* is no longer a radical narrative whispered by a marginal fringe but an essential vision of social progress in a post crisis world Fulfilling that vision

is simply the most urgent task of our times **Handbook on Growth and Sustainability** Peter A. Victor, Brett Dolter, 2017-06-30 This Handbook assembles original contributions from influential authors such as Herman Daly Paul Ekins Marina Fischer Kowalski Jeroen van den Bergh William E Rees and Tim Jackson who have helped to define our understanding of growth and sustainability The Handbook also presents new contributions on topics such as degrowth the debt based financial system cultural change energy return on investment shorter working hours and employment and innovation and technology Explorations of these issues can deepen our understanding of whether growth is sustainable and in turn whether a move away from growth can be sustained With issues such as climate change looming large our understanding of growth and sustainability is critical This Handbook offers a broad range of perspectives that can help the reader to decide Growth Sustainability Both Or neither

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