

Mind Brain And Narrative

Taking up the age-old question of what our ability to tell stories reveals about language and the mind, this truly interdisciplinary project should be of interest to humanists and cognitive scientists alike.

A guide to retelling your personal, family, and cultural stories to transform your life, your relationships, and the world • Applies the latest neuroscience research on memory, brain mapping, and brain plasticity to the field of narrative therapy • Details mind-mapping and narrative therapy techniques that use story to change behavior patterns in ourselves, our relationships, and our communities • Explores how narrative therapy can help replace dysfunctional cultural stories with ones that build healthier relationships with each other and the planet We are born into a world of stories that quickly shapes our behavior and development without our conscious awareness. By retelling our personal, family, and cultural narratives we can transform the patterns of our own lives as well as the patterns that shape our communities and the larger social worlds in which we interact. Applying the latest neuroscience research on memory, brain mapping, and brain plasticity to the field of narrative therapy, Lewis Mehl-Madrona and Barbara Mainguy explain how the brain is specialized in the art of story-making and story-telling. They detail mind-mapping and narrative therapy techniques that use story to change behavior patterns in ourselves, our relationships, and our communities. They explore studies that reveal how memory works through story, how the brain recalls things in narrative rather than lists, and how our stories modify our physiology and facilitate health or disease. Drawing on their decades of experience in narrative therapy, the authors examine the art of helping people to change their story, providing brain-mapping practices to discover your inner storyteller and test if the stories you are living are functional or dysfunctional, healing or destructive. They explain how to create new characters and new stories, ones that excite you, help you connect with yourself, and deepen your intimate connections with others. Detailing how shared stories and language form culture, the authors also explore how narrative therapy can help replace dysfunctional cultural stories with those that offer templates for healthier relationships with each other and the planet.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be “hardwired” to function in predetermined ways. It turns out that’s not true. Your brain is not hardwired, it’s “softwired” by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships.

Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Stories can inspire love, anger, fear and nostalgia – but what is going on in our brains when this happens? And how do our minds conjure up worlds and characters from the words we read on the page? Rapid advances in the scientific understanding of the brain have cast new light on how we engage with literature. This book – collaboratively written by an experienced neuroscientist and literary critic and writer – explores these new insights. Key concepts in neuroscience are first introduced for non-specialists and a range of literary texts by writers such as Ian McEwan, Jim Crace and E.L. Doctorow are read in light of the latest scientific thought on the workings of the mind and brain. Brain, Mind, and the Narrative Imagination demonstrates how literature taps into deep structures of memory and emotion that lie at the heart of our humanity. It will be of interest to readers of all sorts and students from both the humanities and the sciences.

“Insightful...draws from disparate corners of history and science to celebrate our compulsion to stonify everything around us.”—The New York Times Book Review Humans live in landscapes of make-believe. We spin fantasies. We devour novels, films, and plays. Even sporting events and criminal trials unfold as narratives. Yet the world of story has remained an undiscovered and unmapped country. It’s easy to say that humans are “wired” for story, but why? In this delightful, original book, Jonathan Gottschall offers the first unified theory of storytelling. He argues that stories help us navigate life’s complex social problems—just as flight simulators prepare pilots for difficult situations.

Storytelling has evolved, like other behaviors, to ensure our survival. Drawing on the latest research in neuroscience, psychology, and evolutionary biology, Gottschall tells us what it means to be a storytelling animal. Did you know that the more absorbed you are in a story, the more it changes your behavior? That all children act out the same kinds of stories, whether they grow up in a slum or a suburb? That people who read more fiction are more empathetic? Of course, our story instinct has a darker side. It makes us vulnerable to conspiracy theories, advertisements, and narratives about ourselves that are more “truthy” than true. National myths can also be terribly dangerous: Hitler’s ambitions were partly fueled by a story. But as Gottschall shows, stories can also powerfully change the world for the better. We know we are master shapers of story. The Storytelling Animal finally reveals how stories shape us. “Lively.”—San Francisco Chronicle

“Absorbing.”—Minneapolis Star Tribune “One of my favorite evolutionary psych writers—always insightful and witty.”—Steven Pinker

A bestselling author, neuroscientist, and computer engineer unveils a theory of intelligence that will revolutionize our understanding of the brain and the future of AI. For all of neuroscience’s advances, we’ve made little progress on its biggest question: How do simple cells in the brain create intelligence? Jeff Hawkins and his team discovered that the brain uses maplike structures to build a model of the world—not just one model, but hundreds of thousands of models of everything we know. This discovery allows Hawkins to answer important questions about how we perceive the world, why we have a sense of self, and the origin of high-level thought. A Thousand Brains heralds a revolution in the understanding of intelligence. It is a big-think book, in every sense of the word.

Psychiatry that recognizes the essential role of community in creating a new story of mental health • Provides a critique of conventional psychiatry and a look at what mental health care could be • Includes stories used in the author’s healing practice that draw from traditional cultures around the world Conventional psychiatry is not working. The pharmaceutical industry promises it has cures for everything that ails us, yet a recent study on antidepressants showed there is no difference of success in prescribed pharmaceuticals from placebos when all FDA-reported trials are considered instead of just the trials published in journals. Up to 80 percent of patients with bipolar depression remain symptomatic despite conventional treatment, and 10 to 20 percent of these patients commit suicide. In Healing the Mind through the Power of Story, Dr. Mehl-Madrona shows what mental health care could be. He explains that within a narrative psychiatry model of mental illness, people are not defective, requiring drugs to “fix” them. What needs “fixing” is the ineffective stories they have internalized and succumbed to about how they should live in the world. Drawing on traditional stories from cultures around the world, Dr. Mehl-Madrona helps his patients re-story their lives. He shows how this innovative approach is actually more compatible with what we are learning about the biology of the brain and genetics than the conventional model of psychiatry. Drawing on wisdom both ancient and new, he demonstrates the power and success of narrative psychiatry to bring forth change and lasting transformation.

In a radical reinterpretation of how the mind works, an eminent behavioral scientist reveals the illusion of mental depth Psychologists and

neuroscientists struggle with how best to interpret human motivation and decision making. The assumption is that below a mental “surface” of conscious awareness lies a deep and complex set of inner beliefs, values, and desires that govern our thoughts, ideas, and actions, and that to know this depth is to know ourselves. In this profoundly original book, behavioral scientist Nick Chater contends just the opposite: rather than being the plaything of unconscious currents, the brain generates behaviors in the moment based entirely on our past experiences. Engaging the reader with eye-opening experiments and visual examples, the author first demolishes our intuitive sense of how our mind works, then argues for a positive interpretation of the brain as a ceaseless and creative improviser.

Turner argues that story, projection, and parable precede grammar, that language follows from these mental capacities as a consequence. Language, he concludes, is the child of the literary mind

Despite the current explosion of interest in cognitive linguistics, there has so far been relatively little research by cognitive linguists on narrative comprehension. Catherine Emmott draws on insights from discourse analysis and artificial intelligence to present a detailed model of how readers build, maintain, and use mental representations of fictional contexts, and how they keep track of characters and contexts within a complex, changing fictional world. The study focuses on anaphoric pronouns in narratives, assessing the accumulated knowledge required for readers to interpret these key grammatical items. The work has implications for linguistic theory since it questions several long-held assumptions about anaphora, arguing for a 'levels of consciousness' model for the processing of referring expressions.

Narrative Naturalism: An Alternative Framework for Philosophy of Mind provides an original framework for a non-reductive approach to mind and philosophical psychology. Jessica Wahman challenges the reductive (i.e., mechanistic and physicalist) assumptions that render the mind-body problem intractable, and claims that George Santayana's naturalism provides a more beneficial epistemological method and ontological framework for thinking about the place of consciousness in the natural world. She uses Santayana's thought as the primary inspiration for her own specific viewpoint, one that draws on a variety of sources, from analytic philosophy of mind to existentialism and psychoanalysis. This outlook, narrative naturalism, depicts sense-making as a kind of storytelling where different narratives serve different purposes, and Wahman offers a unique worldview to accommodate a variety of true expressions about the world, including truths about subjective existence. Motivated by a desire to challenge the reductionist approaches that explain human motivation and experience in terms of neuroscience and by the increasingly pharmacological interpretations of and solutions to psychological problems, Wahman's overarching purpose is to reconstruct the issue so that neuroscience can be embraced as an indispensable story among others in our understanding of the human condition. When placed in this context, neurobiological discoveries better serve the values and practices associated with human self-knowledge and well-being. Narrative Naturalism will appeal to those interested in American philosophy, Santayana scholarship, pragmatist epistemology, philosophy of mind, philosophical psychology, and metaphysics.

Why we learn the wrong things from narrative history, and how our love for stories is hard-wired. To understand something, you need to know its history. Right? Wrong, says Alex Rosenberg in *How History Gets Things Wrong*. Feeling especially well-informed after reading a book of popular history on the best-seller list? Don't. Narrative history is always, always wrong. It's not just incomplete or inaccurate but deeply wrong, as wrong as Ptolemaic astronomy. We no longer believe that the earth is the center of the universe. Why do we still believe in historical narrative? Our attachment to history as a vehicle for understanding has a long Darwinian pedigree and a genetic basis. Our love of stories is hard-wired. Neuroscience reveals that human evolution shaped a tool useful for survival into a defective theory of human nature. Stories historians tell, Rosenberg continues, are not only wrong but harmful. Israel and Palestine, for example, have dueling narratives of dispossession that prevent one side from compromising with the other. Henry Kissinger applied lessons drawn from the Congress of Vienna to American foreign policy with disastrous results. Human evolution improved primate mind reading—the ability to anticipate the behavior of others, whether predators, prey, or cooperators—to get us to the top of the African food chain. Now, however, this hard-wired capacity makes us think we can understand history—what the Kaiser was thinking in 1914, why Hitler declared war on the United States—by uncovering the narratives of what happened and why. In fact, Rosenberg argues, we will only understand history if we don't make it into a story.

Through the sobering story of Maggie Worthen and her mother, Nancy, this book tells of one family's struggle with severe brain injury and how developments in neuroscience call for a reconsideration of what society owes patients at the edge of consciousness. Drawing upon over fifty in-depth family interviews, the history of severe brain injury from Quinlan to Schiavo, and his participation in landmark clinical trials, such as the first use of deep brain stimulation in the minimally conscious state, Joseph J. Fins captures the paradox of medical and societal neglect even as advances in neuroscience suggest new ways to mend the broken brain. Responding to the dire care provided to these marginalized patients, after heroically being saved, Fins places society's obligations to patients with severe injury within the historical legacy of the civil and disability rights movements, offering a stirring synthesis of public policy and physician advocacy.

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

A New York Times Editors' Choice A bold new book reveals how we can tap the intelligence that exists beyond our brains—in our bodies, our surroundings, and our relationships Use your head. That's what we tell ourselves when facing a tricky problem or a difficult project. But a growing body of research indicates that we've got it exactly backwards. What we need to do, says acclaimed science writer Annie Murphy Paul, is think outside the brain. A host of “extra-neural” resources—the feelings and movements of our bodies, the physical spaces in which we learn and work, and the minds of those around us— can help us focus more intently, comprehend more deeply, and create more imaginatively. The *Extended Mind* outlines the research behind this exciting new vision of human ability, exploring the findings of neuroscientists, cognitive scientists, psychologists, and examining the practices of educators, managers, and leaders who are already reaping the benefits of thinking outside the brain. She excavates the untold history of how artists, scientists, and authors—from Jackson Pollock to Jonas Salk to Robert Caro—have used mental extensions to solve problems, make discoveries, and create new works. In the tradition of Howard Gardner's *Frames of Mind* or Daniel Goleman's *Emotional Intelligence*, *The Extended Mind* offers a dramatic new view of how our minds work, full of practical advice on how we can all think better.

BRILLIANTLY EXPLORING TODAY'S CUTTING-EDGE BRAIN RESEARCH, MIND WIDE OPEN IS AN UNPRECEDENTED JOURNEY INTO THE ESSENCE OF HUMAN PERSONALITY, ALLOWING READERS TO UNDERSTAND THEMSELVES AND THE PEOPLE IN THEIR LIVES AS NEVER BEFORE. Using a mix of experiential reportage, personal storytelling, and fresh scientific discovery, Steven Johnson describes how the brain works -- its chemicals, structures, and subroutines -- and how these systems connect to the day-to-day realities of individual lives. For a hundred years, he says, many of us have assumed that the most powerful route to self-knowledge took the form of lying on a couch, talking about our childhoods. The possibility entertained in this book is that you can follow another path, in which learning about the brain's mechanics can widen one's self-awareness as powerfully as any therapy or meditation or drug. In *Mind Wide Open*, Johnson embarks on this path as his own test subject, participating in a battery of attention tests, learning to control video games by altering

his brain waves, scanning his own brain with a \$2 million fMRI machine, all in search of a modern answer to the oldest of questions: who am I? Along the way, Johnson explores how we "read" other people, how the brain processes frightening events (and how we might rid ourselves of the scars those memories leave), what the neurochemistry is behind love and sex, what it means that our brains are teeming with powerful chemicals closely related to recreational drugs, why music moves us to tears, and where our breakthrough ideas come from. Johnson's clear, engaging explanation of the physical functions of the brain reveals not only the broad strokes of our aptitudes and fears, our skills and weaknesses and desires, but also the momentary brain phenomena that a whole human life comprises. Why, when hearing a tale of woe, do we sometimes smile inappropriately, even if we don't want to? Why are some of us so bad at remembering phone numbers but brilliant at recognizing faces? Why does depression make us feel stupid? To read *Mind Wide Open* is to rethink family histories, individual fates, and the very nature of the self, and to see that brain science is now personally transformative -- a valuable tool for better relationships and better living.

This book details the science behind decision-making in humans. Understanding how the human decision-making system works has enormous implications for understanding who we are, what we do, and why we make the choices we make. By bringing together the tremendous work that has been done by many scientists researching brains, decision-making, and machines over the last few decades, we can begin to get an understanding of ourselves. In this book, with humor, science, and poetry, David Redish discusses what is known about how brains work, what is known about how we make decisions, and what is known about how that decision-making machinery can break down under certain conditions to explain irrationality, addiction, and other strange behavior. The primary thesis of this book is that humans are animals that make decisions through computations engaged in by a decision-making machine. This book brings together the new technological breakthroughs that have appeared in the last few decades, the new theoretical progress that has been made in the neuroscience of decision-making in the last decade, and new revelations concerning how decision-making systems fail in both human and non-human mammals, to create a unified theory of decision-making and its vulnerabilities.

An examination of the scientific evidence for the mechanisms which underlie the effect a writer's language has on the reader.

First released in the Spring of 1999, *How People Learn* has been expanded to show how the theories and insights from the original book can translate into actions and practice, now making a real connection between classroom activities and learning behavior. This edition includes far-reaching suggestions for research that could increase the impact that classroom teaching has on actual learning. Like the original edition, this book offers exciting new research about the mind and the brain that provides answers to a number of compelling questions. When do infants begin to learn? How do experts learn and how is this different from non-experts? What can teachers and schools do--with curricula, classroom settings, and teaching methods--to help children learn most effectively? New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb. *How People Learn* examines these findings and their implications for what we teach, how we teach it, and how we assess what our children learn. The book uses exemplary teaching to illustrate how approaches based on what we now know result in in-depth learning. This new knowledge calls into question concepts and practices firmly entrenched in our current education system. Topics include: How learning actually changes the physical structure of the brain. How existing knowledge affects what people notice and how they learn. What the thought processes of experts tell us about how to teach. The amazing learning potential of infants. The relationship of classroom learning and everyday settings of community and workplace. Learning needs and opportunities for teachers. A realistic look at the role of technology in education.

This book presents a unique and intuitively compelling way of understanding how humans think. It argues that narratives are the natural mode of thinking, that the "urge" to think narratively reflects known neurological processes, and that, although narrative thinking is a product of evolution, it enables us to transcend our evolutionary limits and actively shape our own futures. In remarkably engaging language, the authors describe how the currency of neural activity in the brain is transformed into the qualitatively different currency of conscious experience—the everyday, purposeful, story-like experience with which we all are familiar. The book then examines the nature of thought and how it leads to purposeful action, discussing, among other concerns, how memories about the past, perceptions about the present, and expectations about the future are structured as plausible, coherent narratives by causation, purpose, and time, and how errors are introduced into one's narratives, both naturally and by other people (often intentionally), and how those errors bias one's expectations about the future and the actions taken (or not taken) as a consequence. Each of these discussions is followed by a commentary that ties them to interesting facts and questions from throughout the physical and social sciences. The book is concluded with the argument that narrative thought is what is meant when one uses the word "mind."

An transdisciplinary exploration of narrative not just as a target for interpretation but also as a means for making sense of experience itself. With *Storytelling and the Sciences of Mind*, David Herman proposes a cross-fertilization between the study of narrative and research on intelligent behavior. This cross-fertilization goes beyond the simple importing of ideas from the sciences of mind into scholarship on narrative and instead aims for convergence between work in narrative studies and research in the cognitive sciences. The book as a whole centers on two questions: How do people make sense of stories? And: How do people use stories to make sense of the world? Examining narratives from different periods and across multiple media and genres, Herman shows how traditions of narrative research can help shape ways of formulating and addressing questions about intelligent activity, and vice versa. Using case studies that range from Robert Louis Stevenson's *Dr Jekyll and Mr Hyde* to sequences from *The Incredible Hulk* comics to narratives told in everyday interaction, Herman considers storytelling both as a target for interpretation and as a resource for making sense of experience itself. In doing so, he puts ideas from narrative scholarship into dialogue with such fields as

psycholinguistics, philosophy of mind, and cognitive, social, and ecological psychology. After exploring ways in which interpreters of stories can use textual cues to build narrative worlds, or storyworlds, Herman investigates how this process of narrative worldmaking in turn supports efforts to understand—and engage with—the conduct of persons, among other aspects of lived experience.

With cutting-edge research and provocative case studies, renowned behavioral neurologist provides insights to some of the most curious spiritual questions of mortality. For fans of *When Breath Becomes Air* and the work of Oliver Sacks. Until recently, scientific and literary cultures have existed side-by-side but most often in parallel universes, without connection. *The Trickster Brain: Neuroscience, Evolution, and Nature* by David Williams addresses the premise that humans are a biological species stemming from the long process of evolution, and that we do exhibit a universal human nature, given to us through our genes. From this perspective, literature is shown to be a product of our biological selves. By exploring central ideas in neuroscience, evolutionary biology, linguistics, music, philosophy, ethics, religion, and history, Williams shows that it is the circuitry of the brain's hard-wired dispositions that continually create similar tales around the world: "archetypal" stories reflecting ancient tensions that arose from our evolutionary past and the very construction of our brains. The book asserts that to truly understand literature, one must look at the biological creature creating it. By using the lens of science to examine literature, we can see how stories reveal universal aspects of the biological mind. The Trickster character is particularly instructive as an archetypal character who embodies a raft of human traits and concerns, for Trickster is often god, devil, musical, sexual, silver tongued, animal, and human at once, treading upon the moral dictates of culture. Williams brings together science and the humanities, demonstrating a critical way of approaching literature that incorporates scientific thought.

Stories are everywhere, from fiction across media to politics and personal identity. *Handbook of Narrative Analysis* sorts out both traditional and recent narrative theories, providing the necessary skills to interpret any story. In addition to discussing classical theorists, such as Gérard Genette, Mieke Bal, and Seymour Chatman, *Handbook of Narrative Analysis* presents precursors (such as E. M. Forster), related theorists (Franz Stanzel, Dorrit Cohn), and a large variety of postclassical critics. Among the latter particular attention is paid to rhetorical, cognitive, and cultural approaches; intermediality; storyworlds; gender theory; and natural and unnatural narratology. Not content to consider theory as an end in itself, Luc Herman and Bart Vervaeck use two short stories and a graphic narrative by contemporary authors as touchstones to illustrate each approach to narrative. In doing so they illuminate the practical implications of theoretical preferences and the ideological leanings underlying them. Marginal glosses guide the reader through discussions of theoretical issues, and an extensive bibliography points readers to the most current publications in the field. Written in an accessible style, this handbook combines a comprehensive treatment of its subject with a user-friendly format appropriate for specialists and nonspecialists alike. *Handbook of Narrative Analysis* is the go-to book for understanding and interpreting narrative. This new edition revises and extends the first edition to describe and apply the last fifteen years of cutting-edge scholarship in the field of narrative theory.

"The dramatic story of the brain's role in creating our world, our experience of it, and ourselves; the basis for a PBS television series by the bestselling David Eagleman. How does a three pound mass of biological matter locked in the dark, silent fortress of the skull produce the extraordinary multi-sensory experience that comprises us, while also constructing reality and guiding us through the endless need to make decisions and determine our judgments and into a future that we are convinced we are shaping? David Eagleman compares the brain to a cityscape with different neighborhoods where neural networks vie for supremacy and determine our behavior in ways we are not always aware or in control of. At the same time, he suggests that the brain works as a storyteller--creating a narrative that allows us to navigate and make sense of a world that it is busy constructing for us"--

"Fascinating. Doidge's book is a remarkable and hopeful portrait of the endless adaptability of the human brain."—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge's inspiring guide to the new brain science explains all of this and more An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain. Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace, depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

We define our conscious experience by constructing narratives about ourselves and the people with whom we interact. Narrative pervades our lives--conscious experience is not merely linked to the number and variety of personal stories we construct with each other within a cultural frame, but is subsumed by them. The claim, however, that narrative constructions are essential to conscious experience is not useful or informative unless we can also begin to provide a distinct, organized, and empirically consistent explanation for narrative in relation to consciousness. Understanding the role of narrative in determining individual and collective consciousness has been elusive from within traditional academic frameworks. This volume argues that addressing so broad and complex a problem requires an examination from outside our insular disciplinary framework. Such an open examination would be informed by the inquiries and approaches of multiple disciplines. Recognition of the different approaches to examining personal stories will allow for the coordination of how narrative seems (its phenomenology), with what mental labor it does (its psychology), and how it is realized (its neurobiology). Only by overcoming the boundaries erected by multiple theoretical and discursive traditions can we begin to comprehend the nature and function of narrative in consciousness. *Narrative and Consciousness* brings together essays by exceptional scholars and scientists in the disciplines of literary theory, psychology, and neuroscience to examine how stories are constructed, how stories structure lived experience, and how stories are rooted in material reality (the human body). The specific topics addressed include narrative in the development of conscious awareness; autobiographical narrative, fiction and the construction of self; trauma and narrative disruptions; narrative, memory and identity; and the physiological and neural substrate of narrative. It is the editors' hope that the multidisciplinary nature of this collection will challenge the reader to move beyond disciplinary confines and toward a coherent interdisciplinary dialogue.

From the author of *How Emotions Are Made*, a myth-busting primer on the brain in the tradition of *Seven Brief Lessons on Physics* and

Astrophysics for People in a Hurry. Have you ever wondered why you have a brain? Let renowned neuroscientist Lisa Feldman Barrett demystify that big gray blob between your ears. In seven short essays (plus a bite-sized story about how brains evolved), this slim, entertaining, and accessible collection reveals mind-expanding lessons from the front lines of neuroscience research. You'll learn where brains came from, how they're structured (and why it matters), and how yours works in tandem with other brains to create everything you experience. Along the way, you'll also learn to dismiss popular myths such as the idea of a "lizard brain" and the alleged battle between thoughts and emotions, or even between nature and nurture, to determine your behavior. Sure to intrigue casual readers and scientific veterans alike, *Seven and a Half Lessons About the Brain* is full of surprises, humor, and important implications for human nature—a gift of a book that you will want to savor again and again.

Neuroscientist V.S. Ramachandran is internationally renowned for uncovering answers to the deep and quirky questions of human nature that few scientists have dared to address. His bold insights about the brain are matched only by the stunning simplicity of his experiments -- using such low-tech tools as cotton swabs, glasses of water and dime-store mirrors. In *Phantoms in the Brain*, Dr. Ramachandran recounts how his work with patients who have bizarre neurological disorders has shed new light on the deep architecture of the brain, and what these findings tell us about who we are, how we construct our body image, why we laugh or become depressed, why we may believe in God, how we make decisions, deceive ourselves and dream, perhaps even why we're so clever at philosophy, music and art. Some of his most notable cases: A woman paralyzed on the left side of her body who believes she is lifting a tray of drinks with both hands offers a unique opportunity to test Freud's theory of denial. A man who insists he is talking with God challenges us to ask: Could we be "wired" for religious experience? A woman who hallucinates cartoon characters illustrates how, in a sense, we are all hallucinating, all the time. Dr. Ramachandran's inspired medical detective work pushes the boundaries of medicine's last great frontier -- the human mind -- yielding new and provocative insights into the "big questions" about consciousness and the self.

Narratives enable readers to vividly experience fictional and non-fictional contexts. Writers use a variety of language features to control these experiences: they direct readers in how to construct contexts, how to draw inferences and how to identify the key parts of a story. Writers can skilfully convey physical sensations, prompt emotional states, effect moral responses and even alter the readers' attitudes. *Mind, Brain and Narrative* examines the psychological and neuroscientific evidence for the mechanisms which underlie narrative comprehension. The authors explore the scientific developments which demonstrate the importance of attention, counterfactuals, depth of processing, perspective and embodiment in these processes. In so doing, this timely, interdisciplinary work provides an integrated account of the research which links psychological mechanisms of language comprehension to humanities work on narrative and style.

As a deadly cancer spread inside her brain, leading neuroscientist Barbara Lipska was plunged into madness—only to miraculously survive with her memories intact. In the tradition of *My Stroke of Insight* and *Brain on Fire*, this powerful memoir recounts her ordeal and explains its unforgettable lessons about the brain and mind. At the height of her career, Barbara Lipska—a leading expert on the neuroscience of mental illness—was diagnosed with melanoma that had spread to her brain. Within months, her frontal lobe, the seat of cognition, began shutting down. She exhibited dementia- and schizophrenia-like symptoms that terrified her family and coworkers. But miraculously, the immunotherapy her doctors prescribed worked, and Lipska returned to normal. With one difference: she remembered her brush with madness with exquisite clarity. Lipska draws on her extraordinary experience to explain how mental illness, brain injury, and age can distort our behavior, personality, cognition, and memory. She tells what it is like to experience these changes firsthand. And she reveals what parts of us remain, even when so much else is gone.

"Transformative...[Taylor's] experience...will shatter [your] own perception of the world."—ABC News The astonishing New York Times bestseller that chronicles how a brain scientist's own stroke led to enlightenment On December 10, 1996, Jill Bolte Taylor, a thirty-seven-year-old Harvard-trained brain scientist experienced a massive stroke in the left hemisphere of her brain. As she observed her mind deteriorate to the point that she could not walk, talk, read, write, or recall any of her life—all within four hours—Taylor alternated between the euphoria of the intuitive and kinesthetic right brain, in which she felt a sense of complete well-being and peace, and the logical, sequential left brain, which recognized she was having a stroke and enabled her to seek help before she was completely lost. It would take her eight years to fully recover. For Taylor, her stroke was a blessing and a revelation. It taught her that by "stepping to the right" of our left brains, we can uncover feelings of well-being that are often sidelined by "brain chatter." Reaching wide audiences through her talk at the Technology, Entertainment, Design (TED) conference and her appearance on Oprah's online Soul Series, Taylor provides a valuable recovery guide for those touched by brain injury and an inspiring testimony that inner peace is accessible to anyone.

New York Times bestseller • Finalist for the Pulitzer Prize "This is a book to shake up the world." —Ann Patchett Nicholas Carr's bestseller *The Shallows* has become a foundational book in one of the most important debates of our time: As we enjoy the internet's bounties, are we sacrificing our ability to read and think deeply? This 10th-anniversary edition includes a new afterword that brings the story up to date, with a deep examination of the cognitive and behavioral effects of smartphones and social media.

Bringing interpersonal neurobiology and narrative therapy together. Narrative therapy understands storytelling as the way we make sense of ourselves and life experience. Many non-narrative therapists have expressed great admiration and interests in the politics the work exposes, the way it brings in the socio-political context, and the way it centers clients. Yet despite its popularity and success as a useful therapeutic approach, Narrative Therapy has been criticized as minimizing and failing to develop any extended discussion of something vital to our lives: emotion. Neuro-Narrative Therapy attempts to redress this problem by taking us first through standard Narrative practices, and then showing how and where affect can be brought in and even privileged in the work. After situating the evolution of Narrative Therapy in its historical context, the book provides information about why emotions should be given an important place in the work. Specifically, it brings ideas and implications of some of the most exciting and novel theories—interpersonal neurobiology and affective neuroscience—to the practice of Narrative Therapy. Readers will learn about the growing emphasis on the right brain, and how an understanding of the ways in which emotion and affect are manifested by the brain can help us help our clients. The possibilities for this new approach are many: a freer discussion of the emotional side of your clients; an understanding and sensitivity to the relation of body and mind; attention to how the therapeutic relationship of our clients can become a resource in treatment and a renewed understanding of how our memories—and thus our stories about our lives—develop in early childhood and beyond. For any therapist working in the area of Narrative Therapy, and for any interested in the emerging understandings that science is bringing to appreciating how our brains develop with and among each other, this book has something to offer. Combining the neuro- and the narrative, as Jeffrey Zimmerman has done here, will create a new direction in Narrative Therapy, one in which our brain and body work together, inviting a more direct and effective engagement with clients.

There are profound, extensive, and surprising universals in literature, which are bound up with universals in emotion. Hogan maintains that debates over the cultural specificity of emotion are misdirected because they have ignored a vast body of data that bear directly on the way different cultures imagine and experience emotion - literature. This is the first empirically and cognitively based discussion of narrative universals. Professor Hogan argues that, to a remarkable degree, the stories people admire in different cultures follow a limited number of patterns and that these patterns are determined by cross-culturally constant ideas about emotion. In formulating his argument, Professor Hogan draws on his extensive reading in world literature, experimental research treating emotion and emotion concepts, and methodological principles from the contemporary linguistics and the philosophy of science. He concludes with a discussion of the relations among narrative, emotion concepts, and the biological and social components of emotion.

"Human beings were never born to read," writes Tufts University cognitive neuroscientist and child development expert Maryanne Wolf. Reading is a human invention that reflects how the brain rearranges itself to learn something new. In this ambitious, provocative book, Wolf chronicles the remarkable journey of the reading brain not only over the past five thousand years, since writing began, but also over the course of a single child's life, showing in the process why children with dyslexia have reading difficulties and singular gifts. Lively, erudite, and rich with examples, *Proust and the Squid* asserts that the brain that examined the tiny clay tablets of the Sumerians was a very different brain from the one that is immersed in today's technology-driven literacy. The potential transformations in this changed reading brain, Wolf argues, have profound implications for every child and for the intellectual development of our species.

This book brings together narrative approaches and brain injury rehabilitation, in a manner that fosters an understanding of the natural fit between the two. We live our lives by narratives and stories, and brain injury can affect those narratives at many levels, with far-reaching effects. Understanding held narratives is as important as understanding the functional profile of the injury. This book explores ways to create a space for personal stories to emerge and change, whilst balancing theory with practical application. Despite the emphasis of this book on the compatibility of narrative approaches to supporting people following brain injury, it also illustrates the potential for contributing to significant change in the current narratives of brain injury. This book takes a philosophically different approach to many current neuro-rehabilitation topics, and has the potential to make a big impact. It also challenges the reader to question their own position, but does so in an engaging manner which makes it difficult to put down.

An expert on traumatic stress outlines an approach to healing, explaining how traumatic stress affects brain processes and how to use innovative treatments to reactivate the mind's abilities to trust, engage others, and experience pleasure--

The intent of this narrative is to share with the reader the author's experiences and insights that were gained while exploring ways of using only the natural architecture of his mind/brain to affect his emotional attitude. It contains a description of a simple and immediate method used to move his mind's predominant thinking to either hemisphere of his brain and the resulting emotional experiences....

"This guide reveals how writers can take advantage of the brain's hard-wired responses to story to captivate their readers' minds through each plot element"--Provided by publisher.

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