



States of Mind: New Discoveries About How Our Brains Make Us Who We Are

Roberta Conlan

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An all-star lineup of scientists takes you to the front lines of brain research.

Are we born to be shy? Why do we remember some events so clearly and others not at all? Are creativity and depression somehow linked? Do our dreams really have deeper meanings?

Now in paperback, here is a wonderfully accessible introduction to the most important recent findings about how our health, behavior, feelings, and identities are influenced by what goes on inside our brains. In this timely book, eight pioneering researchers offer lively and stimulating discussions on the most exciting discoveries as well as a new way of understanding our emotions, moods, memories, and dreams. Inside, you'll find:

- * J. ALLAN HOBSON, author of the groundbreaking *The Dreaming Brain*, leading a tour of dream states and explaining why we dream and what dream studies reveal about our minds

- * ERIC KANDEL, winner of the 2000 Nobel Prize in Medicine, taking us along the chain of biological events that create long-term memories, revealing how we stand at the brink of helping those who suffer from grave mental and memory disorders

- * STEVEN HYMAN, director of the National Institute of Mental Health, tracing the links between nature and nurture, particularly in addiction and mental illness, to explain the relationship between inherited tendencies and the impact of life experience

- * KAY REDFIELD JAMISON, bestselling author of *An Unquiet Mind*, explaining manic depression, its prevalence among gifted artists, writers, and musicians, and the societal questions raised by trying to eradicate the "depression gene"

. . . and much, much more. Whether discussing the brain-body connection, the sources of emotion, or the ethereal world of dreams, *States of Mind* enables you to share in the very latest explorations into the nature and function of the human mind.

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