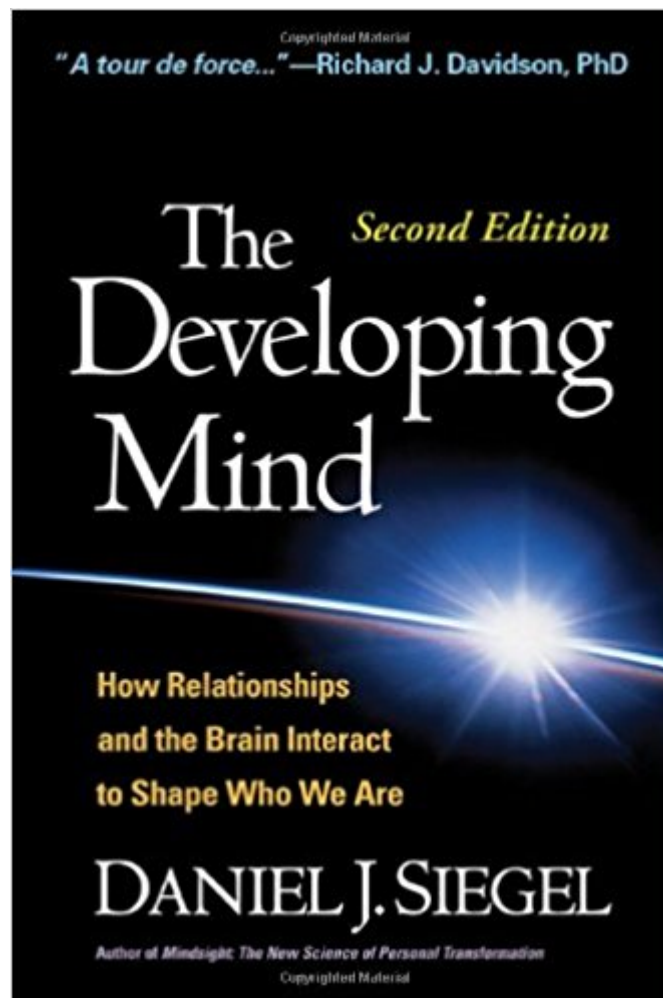




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# The Developing Mind, Second Edition: How Relationships And The Brain Interact To Shape Who We Are



## Synopsis

This bestselling book put the field of interpersonal neurobiology on the map for over 100,000 readers. Daniel J. Siegel goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development, exploring the role of interpersonal relationships in forging key connections in the brain. He presents a groundbreaking new way of thinking about the emergence of the human mind and the process by which each of us becomes a feeling, thinking, remembering individual. Illuminating how and why neurobiology matters, this book is essential reading for clinicians, educators, researchers, and students interested in promoting healthy development and resilience. Professors praise the book's utility in courses from developmental psychology and child development to neuroscience and counseling. **New to This Edition** \*Incorporates significant scientific and technical advances. \*Expanded discussions of cutting-edge topics, including neuroplasticity, epigenetics, mindfulness, and the neural correlates of consciousness. \*Useful pedagogical features: pull-outs, diagrams, and a glossary. \*Epilogue on domains of integration--specific pathways to well-being and therapeutic change.

## Book Information

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## Customer Reviews

"Siegel describes his book as 'a journey into the developing mind,' and no one is better equipped to invite psychotherapists and other students of human impulses to share this remarkable adventure. In clear and inspired prose, he reviews facts and theories about the human brain that can be difficult to grasp. He explains how the brain differentiates and enables the creative and

passionate mind of a child to share meaningful intentions, experiences, imaginative beliefs, relationships, community, culture, and language. He puts this understanding in the service of a humane and respectful psychotherapy that can give integrity to young lives that have become anxious, chaotic, and rigid."--Colwyn Trevarthen, PhD, FRSE, Professor Emeritus of Child Psychology and Psychobiology, University of Edinburgh, United Kingdom "A tour de force of synthesis and integration. Siegel has woven a rich tapestry that provides a compelling account of how our interpersonal worlds and neural systems form two important pillars of the mind. The second edition brings the latest neuroscientific evidence to the fore; it is a 'must read' for any student or professional interested in mental health, child development, and the brain."--Richard J. Davidson, PhD, William James and Vilas Professor of Psychology and Psychiatry; Founder and Chair, Center for Investigating Healthy Minds, University of Wisconsin-Madison "When I first read *The Developing Mind*, I thought it was an amazing and unique book that provided enormous insight into children and their development. I had no idea why a second edition would be needed. But now that I have read this second edition, I realize that the book has reached perfection. Its conceptual integration of mind, brain, and relationships is magnificent. The second edition will provide every teacher, therapist, and parent with a rich understanding of how our interactions with kids shape their brains, their minds, and their entire future. Everyone will want to read this book again and again."--John M. Gottman, PhD, author of *The Seven Principles for Making Marriage Work* "The seamless integration of scientific knowledge with a profound understanding of subjective experience and human relationships is a rare gift that this book bestows with effortless grace. Siegel continues to excel in his ability to describe the latest findings of neuroscience in accessible language that weaves a masterful tapestry of the synergy linking brain, mind, and experience."--Alicia F. Lieberman, PhD, Irving B. Harris Endowed Chair in Infant Mental Health, University of California, San Francisco "The *Developing Mind*, Second Edition, is a compelling, thoughtful, and immensely readable account of the fascinating ways the brain, mind, and relationships co-evolve and interact throughout development. Rigorously updated, this volume captures the enormous and diverse progress within the field of interpersonal neurobiology over the course of the last decade. Siegel is a wonderful storyteller and teacher with a real gift for bringing the complex to life in such a way that it seems almost simple."--Arietta Slade, PhD, Professor, Clinical and Developmental Psychology, The City College and City University of New York "When *The Developing Mind* was first published, Siegel's proposal that mind, brain, and relationships represented 'three aspects of one reality' essential to human well-being still seemed closer to inspired speculation than teachable scientific knowledge. Just over a decade later, the neurobiology of interpersonal experience has

grown into one of the hottest areas of psychological research. Over two thousand new references surveyed for the second edition testify to just how far neuroscientists, developmental psychologists, and clinicians have brought the field as they begin to more fully chart the interplay of mind, body, and relationships. This splendid second edition--at once accessibly written and meticulously documented--provides a comprehensive guide to this emerging science."--Sarah Blaffer Hrdy, PhD, Professor Emerita of Anthropology, University of California, Davis "With the original publication of *The Developing Mind*, the field of interpersonal neurobiology was born. Siegel's genius for synthesizing and humanizing neuroscience, attachment, and developmental theory made the book a bestseller and attracted thousands to this new field. The second edition benefits from over a decade's worth of additional findings, reflections, ideas, and insights. I encourage you to take Siegel up on his offer to share this fascinating journey, whether for the first time or for a return trip. You won't be disappointed."--Louis Cozolino, PhD, Department of Psychology, Pepperdine University "Siegel presents very complex neurological material in a style and manner that my students are able to follow and integrate into practice. They consistently report they are challenged by the material and that it validates the work that they do. In my opinion, Siegel's work is moving the profession of counseling in the direction that it has needed to go for a very long time."--Ryan Melton, PhD, LPC, ACS, Regional Research Institute for Human Services, Portland State University; Clinical Training Director, Early Assessment and Support Alliance "Fulfilled my wildest expectations. Instead of laboriously struggling to learn about neurobiology, I found myself fairly effortlessly assimilating information because 1) the author is able to present his material in the context of interpersonal relationships in general and the treatment dyad in particular, and 2) the author is a master of lucidity, avoids pedantry, and succeeds in making his data clinically useful."(on the first edition) (American Journal of Psychiatry 2012-02-29) "I knew that this book was one I should keep handy when I wanted to improve my understanding of information on which the future science of psychiatry will be based."(on the first edition) (Journal of Clinical Psychiatry 2012-02-29) "A remarkable book....*The Developing Mind* boldly transcends the reductionism that characterizes so much of contemporary psychiatry." (on the first edition) (Psychiatric Times 2012-02-29) "Daniel Siegel skillfully navigates readers through the disquiet of fatalism and destiny toward hope and understanding of how our neurobiology is shaped by our society and how we in turn shape our society. Siegel provides a well-integrated thesis on the developing mind and leads the reader from an understanding of the neuron and neuronal networks to the development of social meaning and the social experience within the context of neurobiology. He summarizes and synthesizes contemporary research and knowledge on the development of the mind in a manner

that encourages further exploration. In-depth exploration is encouraged by the excellent citations. The Developing Mind is an outstanding addition to the library of those who are interested in how the mind develops, and it is likely to become a well-thumbed reference over the years."

(PsycCRITIQUES 2013-07-31) "The story Siegel tells is indeed fascinating, essentially describing the transactional processes that happen at the interface between developmental neurobiology and the environment of an individual. He links every level of the system from cell chemistry to brain architecture, to caregiver-infant attachments, to interpersonal relationships in adulthood....This is a book to stimulate, illuminate, and drive our understanding of human developmental processes forwards and I suspect that The Developing Mind will be seen as a milestone work in the future." (on the first edition) (Journal of Child Psychology and Psychiatry 2000-01-03) "Why can't we remember what we did at age three? Why are some children unusually shy? What is the biochemistry of humiliation, and how can it be 'toxic to the developing child's brain'? New and plausible answers to these questions emerge from Siegel's synthesis of neurobiology, research psychology and cognitive science....His subject how we become the people we are deserves to hold many readers spellbound." (on the first edition) (Publishers Weekly 1999-04-14) "Brilliant....It should probably not be read at one sitting, but sifted slowly as you would a 20 year old port....This is not just a book for bright psychiatric residents or child fellows, but child psychiatrists young and old, overworked or underpaid. It offers a glimpse of new horizons in the profession." (on the first edition) (Canadian Child Psychiatry Review 2001-04-03) "Current, thorough, closely argued....One of Siegel's major gifts is for presenting anatomical, neurological, research, and clinical information while still pointing out what remains unknown. He explores infant-parent relationships, emotions, states of mind, and how knowing about them can help one improve one's relationships and capabilities for developing successfully." (on the first edition) (Booklist 1999-05-03) "Readable, thoughtful, and informative." (on the first edition) (Educational Leadership 2012-02-29) "Recommended. Graduate students, researchers, professionals; knowledgeable general readers." (Choice Reviews 2012-10-01)

This bestselling book put the field of interpersonal neurobiology on the map for many tens of thousands of readers. Daniel J. Siegel goes beyond the nature and nurture divisions that traditionally have constrained much of our thinking about development, exploring the role of interpersonal experiences in forging key connections in the brain. He presents a groundbreaking integrative framework for understanding the emergence of the growing, feeling, communicating mind. Reflecting significant scientific and technical advances, the second edition incorporates new

discussions of cutting-edge topics, plus an epilogue describing specific pathways to well-being and therapeutic change. Using a wealth of illustrative examples from clinical practice and everyday life, Siegel traces the interplay of human and neural connections in early childhood and beyond. The book reveals how difficulties with attachment to caregivers can result in problems with memory, self-organization, and emotional regulation. Implications for adult states of mind, emotional competence, and the ability to cope with stress are considered, as are links to such clinical problems as dissociation and depression. Siegel offers compelling insights into how therapeutic and personal relationships can promote healing and integration as the mind continues to develop throughout the lifespan. The second edition provides expanded discussions of neuroplasticity, epigenetics, mindfulness, the neural correlates of consciousness, and more. It also includes useful pedagogical features, such as diagrams and an extensive glossary. Illuminating how and why interpersonal neurobiology matters, this book is essential reading for clinicians, educators, researchers, and students interested in promoting healthy development and resilience. It has been widely adopted as a text in advanced undergraduate- and graduate-level courses in developmental psychology, child development, and clinical practice. --This text refers to an out of print or unavailable edition of this title.

Excellent book! This is not for the easily distracted, late at night reads, or a study guide after your second glass of wine. It's a serious, in your face, early morning and third cup of coffee serious clinician's book for understanding the neuroscience, neurobiology, and existential algorithms that translates into the thing we called the "mind." While it's not my first day on the job reading such texts, let's just say I very much appreciate the little gray bubbles that contains the one to two sentences that summarizes critical points. Just an excellent book!

It's complex reading. It will take you some time to get through it. I appreciate the work, but it is intense and not a quick read. If you are a doctor or a psychologist you will probably love it, but I found it way too complex to spend the time necessary to get deeply into it. Although it is brilliant I have to take it slow to absorb it all.

Thought provoking, challenging, research packed and top-notch work from Daniel Siegel. I will be referring to it for decade to come.

Dan Seigel at his scholarly best! I appreciated his honesty that some things remain simply unknown,

and in that, he traversed some of the subtleties of dualism until he reached more solid footing.

Siegel is inspiring. This work is well organized and incredibly informative. Easy to jump into and understand.

This book is written by a professional for practioners in the mind/body/brain field. Dan Siegel is one of the best if not the best in the neurobiological field.

This was my introduction to D Seigal's writing, although I had seen him several times at workshops. I love this book and quickly gobbled it up. I know other mental health practitioners found it difficult. I read this book repeatedly and found it very informative.

As described and a reliable seller.

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