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Revealing the Mind:

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~~Piano How Do I Get~~

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~~Mindscrambler Podcast~~

~~Lily Cornell Silver's~~

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~~helping people talk~~

~~about mental health~~

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Interview: Lily Cornell

Silver Discusses \"Mind

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Fascinating and
rewarding, Mind Wide
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buffs, self-obsessed
neurotics, barstool
psychologists, mystified
parents, grumpy
spouses, exasperated
managers, and anyone
who enjoys speculating

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and gossiping about the motivations and behaviors of other human beings. Steven Johnson shows us the transformative power of understanding brain science and offers new modes of introspection and tools for better parenting, better relationships, and better living.

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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
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Mind Wide Open is particularly strong in its discussion of memory and emotions (fear, love) and on the role of the body's own drugs, which cocaine and the like mimic. As part of his summing up,

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Johnson has a wonderful discussion of how Freud can be updated to provide a modern theory of psychology.

Mind Wide Open: Your Brain and the... book by Steven Johnson

Mind Wide Open : Your Brain and the Neuroscience of Everyday Life by Steven Johnson (2005,

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Everyday Life Pdf Book

Description: Given the chance to observe the inner workings of their

own brain, Steven

Johnson jumps at the opportunity. In the 21st century, Johnson

observes, we've become used to ideas such

as "adrenaline rushes" and "serotonin levels,"

without really recognizing that

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complex neurobiology
has become a
commonplace thing to
discuss.

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Mind Wide Open: Your
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(Hardcover) Published
January 27th 2004 by

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Scribner Book

Company. Hardcover,
274 pages. Author (s):
Steven Johnson

(Goodreads Author)

ISBN: 0743241657

(ISBN13:

9780743241656)

Edition language:

English.

Editions of Mind Wide
Open: Your Brain and
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**Mind Wide Open: Your
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Neuroscience of
Everyday Life.** New
York: Scribner, 2004.

Steven Johnson believes that learning about the brain's mechanics can widen one's self-awareness as powerfully as any therapy or meditation or drug.

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Steven Johnson.

Publisher. Scribner.

ISBN. 0-7432-4165-7.

Published Date. 2004. A

Book Review by: Paul

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Harris, OD. Johnson's
writing style is very
engaging.

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Johnson. Year: 2004.

Publisher: Scribner.

Language: english.

ISBN 10: 0743258797.

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