



## The Neuroscience of Human Relationships: Attachment and the Developing Social Brain (Second Edition) (Norton Series on Interpersonal Neurobiology)

By Louis Cozolino

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**The Neuroscience of Human Relationships: Attachment and the Developing Social Brain (Second Edition) (Norton Series on Interpersonal Neurobiology)** By Louis Cozolino

**A revised edition of the best-selling text on how relationships build our brains.**

As human beings, we cherish our individuality yet we know that we live in constant relationship to others, and that other people play a significant part in regulating our emotional and social behavior. Although this interdependence is a reality of our existence, we are just beginning to understand that we have evolved as social creatures with interwoven brains and biologies. The human brain itself is a social organ and to truly understand being human, we must understand not only how we as whole people exist with others, but how our brains, themselves, exist in relationship to other brains.

The first edition of this book tackled these important questions of interpersonal neurobiology?that the brain is a social organ built through experience?using poignant case examples from the author's years of clinical experience. Brain drawings and elegant explanations of social neuroscience wove together emerging findings from the research literature to bring neuroscience to the stories of our lives.

Since the publication of the first edition in 2006, the field of social neuroscience has grown at a mind-numbing pace. Technical advances now provide more windows into our inner neural universe and terms like attachment, empathy, compassion, and mindfulness have begun to appear in the scientific literature. Overall, there has been a deepening appreciation for the essential interdependence of brain and mind. More and more parents, teachers, and therapists are asking how brains develop, grow, connect, learn, and heal. The new edition of this book organizes this cutting-edge, abundant research and presents its compelling insights, reflecting a host of significant developments in social neuroscience.

Our understanding of mirror neurons and their significance to human relationships has continued to expand and deepen and is discussed here. Additionally, this edition reflects the gradual shift in focus from individual brain structures to functional neural systems?an important and necessary step forward. A great deal of neural overlap has been discovered in brain activation when we are thinking about others and ourselves. This raises many questions including how we come to know others and whether the notion of an “individual self” is anything more than an evolutionary strategy to support our interconnection.

In short, we are just beginning to see the larger implications of all neurological processes?how the architecture of the brain can help us to better understand individuals and our relationships. This book gives readers a deeper appreciation of how and why relationships have the power to reshape our brains throughout our life. 27 illustrations

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- Sales Rank: #118257 in Books
- Published on: 2014-03-24
- Original language: English
- Number of items: 1
- Dimensions: 9.60" h x 1.60" w x 6.60" l, .0 pounds
- Binding: Hardcover
- 656 pages

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## **Editorial Review**

### Review

“[F]ascinating . . . . The narratives provided are helpful in understanding the application of neuroscience in the clinical setting. The reader will certainly come away with a "deeper appreciation of the complexity and importance of our interactions with others, especially those closest to us" (xv).” (Somatic Psychotherapy Today)

“[R]emarkable book . . . . Cozolino not only provides valuable insights for treating old wounds, but, much more importantly, he describes the kind of nurturing social environments that can prevent such damage in the first place.” (Association for Prenatal and Perinatal Psychology And Health)

“I had barely started this book and was already recommending it to friends and colleagues. . . . I have been using Cozolino’s wisdom and work both for my clients and myself since reading this book. The breadth of empirical knowledge and wisdom it contains is phenomenal. . . . And due to Cozolino’s emphasis on attachment theory and development of the mind ? including how he uses neuroscience and attachment theory in helping clients to change ? I would recommend his work to parents as well.” (PsychCentral)

### About the Author

Louis Cozolino, PhD, is a professor of psychology at Pepperdine University and a private practitioner. He is the author of *The Healthy Aging Brain*, *The Neuroscience of Human Relationships*, *The Neuroscience of Psychotherapy*, and *The Making of a Therapist*. He lives in Los Angeles, California.

## **Users Review**

### **From reader reviews:**

#### **Aimee Simmons:**

The knowledge that you get from *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain (Second Edition) (Norton Series on Interpersonal Neurobiology)* is the more deep you digging the information that hide into the words the more you get enthusiastic about reading it. It doesn't mean that this book is hard to understand but *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain (Second Edition) (Norton Series on Interpersonal Neurobiology)* giving you joy feeling of reading. The writer conveys their point in particular way that can be understood by simply anyone who read it because the author of this book is well-known enough. This kind of book also makes your own personal vocabulary increase well. It is therefore easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this specific *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain (Second Edition) (Norton Series on Interpersonal Neurobiology)* instantly.

#### **Diane Russel:**

This book untitled *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain*

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**Elizabeth Hart:**

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**Glenn Connelly:**

This *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain* (Second Edition) (Norton Series on Interpersonal Neurobiology) is great publication for you because the content that is certainly full of information for you who have always deal with world and also have to make decision every minute. That book reveal it information accurately using great plan word or we can declare no rambling sentences inside. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but tough core information with attractive delivering sentences. Having *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain* (Second Edition) (Norton Series on Interpersonal Neurobiology) in your hand like having the world in your arm, info in it is not ridiculous 1. We can say that no reserve that offer you world inside ten or fifteen small right but this e-book already do that. So , this really is good reading book. Hey there Mr. and Mrs. hectic do you still doubt that will?

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