

## Mindfield How Brain Science Is Changing Our World Lone Frank

Mind Vs Target Theatre Of The Mind The Human Sciences after the Decade of the Brain In the Mind Fields Dancing Naked in the Mind Field Introduction to Quantitative EEG and Neurofeedback Infinite Mind Mind Wars The Infinite Mindfield Luminous Life The Neuroscientific Turn Strength and Conditioning for Young Athletes Science Education/society The Mind Field Brain, Mind and Soul The Devastating Impact of Hurricanes Katrina and Rita on Health and Education The Daemon Multimind New Scientist How Patients Think My Beautiful Genome Sum Journey to Awareness and Beyond Primal Body, Primal Mind A Field Guide to Getting Lost Mindfield Brainstorming The Visual Communications Book The Pleasure Shock 50 Human Brain Ideas You Really Need to Know Language and the Mind The Righteous Mind The Neuro Revolution Navigating the Mindfield Rare Earths You are the Placebo Mindfield You Are the Universe The Neurotourist Battle in the Mind Fields

### Mind Vs Target

An enriched view of personal reality drawing from medical and theoretical sciences as well as the esoteric, combining modern experimental science with ancient wisdom which provide keys to the physiology of happiness: Anatomy and Physiology of Mind-Body concepts and the Body Energy Spectrum, Consciousness and the Mind, Dimensional reality, personal reality and time, Spiritual evolution and the soul, Happiness as a self-regulated mind and physiology. A reading experience with an open perspective from human life and mind -- to matter and energies. The book describes for a layman or a professional the weaving of metaphors, exercises and scientific procedures which promote joy in life and the realization of inner freedom. Comprehensive references of both scientific research and empirical experience are provided. Experience proven approaches to joy of well-being of body and mind: subtle energies and Energy Psychology, Meridian physiology in Eastern & Western health practices; Understanding the self, personal direction, goals, and change; Psychology of success, intention, High Will, imagery, inspiration and motivation. Learn leadership qualities, communication skills, assertiveness, and Responsible Open Self-Expression used in managing personal relationships. This is the only book that amalgamates scientific technology with ancient wisdom practices in an integrated system of self-transformation going beyond intellectual and philosophical information alone. More information: [www.JourneyToAwareness.org](http://www.JourneyToAwareness.org) -OR- [www.InnerKeys.info](http://www.InnerKeys.info)

### Theatre Of The Mind

At once funny, wistful and unsettling, Sum is a dazzling exploration of unexpected afterlives—each presented as a vignette that offers a stunning lens through which to see ourselves in the here and now. In one afterlife, you may find that God is the size of a microbe and unaware of your existence. In another version, you work as a background character in other people's

dreams. Or you may find that God is a married couple, or that the universe is running backward, or that you are forced to live out your afterlife with annoying versions of who you could have been. With a probing imagination and deep understanding of the human condition, acclaimed neuroscientist David Eagleman offers wonderfully imagined tales that shine a brilliant light on the here and now. From the Trade Paperback edition.

## **The Human Sciences after the Decade of the Brain**

Presents a groundbreaking investigation into the origins of morality at the core of religion and politics, offering scholarly insight into the motivations behind cultural clashes that are polarizing America.

## **In the Mind Fields**

Combining your body's Paleolithic needs with modern nutritional and medical research for complete mind-body wellness • Provides sustainable diet strategies to curb sugar cravings, promote fat burning and weight loss, reduce stress and anxiety, improve sleep and moods, increase energy and immunity, and enhance memory and brain function • Shows how our modern diet leads to weight gain and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome, heart disease, and ADD • Explains how diet affects the brain, hormone balance, and the aging process and the crucial role of vitamin D in cancer and disease prevention Examining the healthy lives of our pre-agricultural Paleolithic ancestors and the marked decline in stature, bone density, and dental health and the increase in birth defects, malnutrition, and disease following the implementation of the agricultural lifestyle, Nora Gedgaudas shows how our modern grain- and carbohydrate-heavy low-fat diets are a far cry from the high-fat, moderate-protein hunter-gatherer diets we are genetically programmed for, leading not only to lifelong weight gain but also to cravings, mood disorders, cognitive problems, and "diseases of civilization"--such as cancer, osteoporosis, metabolic syndrome (insulin resistance), heart disease, and mental illness. Applying modern discoveries to the basic hunter-gatherer diet, she culls from vast research in evolutionary physiology, biochemistry, metabolism, nutrition, and chronic and degenerative disease to unveil a holistic lifestyle for true mind-body health and longevity. Revealing the primal origins and physiological basis for a high-fat, moderate-protein, starch-free diet and the importance of adequate omega-3 intake--critical to our brain and nervous system but sorely lacking in most people's diets--she explains the nutritional problems of grains, gluten, soy, dairy, and starchy vegetables; which natural fats promote health and which (such as canola oil) harm it; the crucial role of vitamin D in cancer and disease prevention; the importance of saturated fat and cholesterol; and how diet affects mental health, memory, cognitive function, hormonal balance, and cellular aging. With step-by-step guidelines, recipes, and meal recommendations, this book offers sustainable strategies for a primally based, yet modern approach to diet and exercise to reduce stress and anxiety, lose weight, improve sleep and mood, increase energy and immunity, enhance brain function, save money on groceries, and live longer

and happier.

## **Dancing Naked in the Mind Field**

The Neuroscientific Turn brings together 19 scholars from a variety of fields to reflect on the promises of and challenges facing emergent "neurodisciplines" such as neuroethics, neuroeconomics, and neurohistory. In the aftermath of the Decade of the Brain, neuroscience has become one of the hottest topics of study---not only for scientists but also, increasingly, for scholars from the humanities and social sciences. While the popular press has simultaneously lauded and loathed the coming "neurorevolution," the academy has yet to voice any collective speculations about whether there is any coherence to this neuroscientific turn; what this turn will and should produce; and what implications it has for inter- or transdisciplinary inquiry. Melissa M. Littlefield and Jenell M. Johnson provide an initial framework for this most recent of "turns" by bringing together 14 original essays by scholars from the humanities, social sciences, and neurosciences. The resulting collection will appeal to neuroscientists curious about their colleagues' interest in their work; scholars and students both in established neurodisciplines and in disciplines such as sociology or English wondering about how to apply neuroscience findings to their home disciplines; and to science, technology, and society scholars and students interested in the roles of interdisciplinarity and transdisciplinarity in the construction of knowledge.

## **Introduction to Quantitative EEG and Neurofeedback**

### **Infinite Mind**

The electrifying, forgotten history of Robert Heath's brain pacemaker, investigating the origins and ethics of one of today's most promising medical breakthroughs: deep brain stimulation The technology invented by psychiatrist Robert G. Heath at Tulane University in the 1950s and '60s has been described as one of "the most controversial yet largely undocumented experiments in US history"--controversial to us because Heath's research subjects included incarcerated convicts and gay men who wished to be "cured" of their sexual preference; controversial in its day because his work was allegedly part of MKUltra, the CIA's notorious "mind control" project. As a result, Heath's cutting-edge research and legacy were put under lock and key, buried in Tulane's archives. The ethical issues raised by his work have also been buried: This very same experimental treatment is becoming mainstream practice in modern psychiatry for everything from schizophrenia, anorexia, and compulsive behavior to depression, aggression, anxiety, and even drug and alcohol addiction. In the first book to tell the full story, the award-winning science writer Lone Frank has uncovered lost documents and accounts of Heath's pioneering efforts. She has tracked down surviving colleagues and patients. And she has delved into the current

embrace of deep brain stimulation by scientists and patients alike. What has changed? Why do we today unquestioningly embrace this technology as a cure? How do we decide what is a disease of the brain to be cured and what should be allowed to remain unprobed and unprodded? The Pleasure Shock weaves together biography, neuroscience, psychology, the history of science, and medical ethics to explore our views of the mind and the self. How do we decide whether changes to the brain are acceptable therapy or are simply bias and bigotry?

### **Mind Wars**

Acclaimed journalist Lone Frank embarks on an incredible adventure to the frontiers of neuroscience, revealing how today's top scientists are reinventing human nature, morality, happiness, health, and reality itself. Interlacing bizarre experiments, cutting-edge science, and irreverent interviews, *The Neurotourist* is an odyssey through the mind-bending revolution underway in the new age of the brain.

### **The Infinite Mindfield**

Using information from the cutting edge of modern science, Peake presents startling evidence that the inner worlds of our mystics and shamans are as real, or possibly even more real, than the reality we experience in waking life. As his starting point, Peake examines the widespread historical belief that the mid-brain's pine-cone shaped pineal gland activates the third eye described by mystics and seers. Through careful analysis of ancient religious texts and artifacts, he gives evidence that the spiritual properties of the pineal gland have been embedded in myths and cultures across the globe. (Why else would the Buddha so often be found wearing a pine cone hat?) Peake then shows that it is through this small organ that we experience lucid dreaming, out-of-body experiences, hypnagogic imagery, near-death experiences, astral travel and the kundalini experience. The book ends with the mind-blowing conclusion that all living beings are one unitary consciousness experiencing itself subjectively.

### **Luminous Life**

Drawing on a variety of real-life material, this introduction to the relationship between language and mental processes, helps absolute beginners build confidence in the core areas of language study.

### **The Neuroscientific Turn**

If the brain is the theatre, consciousness is the play. But who or what controls what we watch and how we watch it? In

Theatre of the Mind Jay Ingram, whose past scientific investigations include the properties of honey on toast and the complexities of the barmaid's brain, tackles one of the most controversial of subjects: consciousness. Scientists have long tried to map our brains and understand how it is that we think and are self-aware, but what do we really know? Any discussion of the brain raises more questions than answers, and Ingram illuminates some of the most perplexing ones: What happens in our minds when we're driving and we suddenly realize that we don't remember the last few miles of highway? How do we remember images, sounds, and aromas from our past so vividly, and why do we often recreate them so differently in our dreams? Ingram's latest book is a mind-bending experience, a cerebral, stylish ride through the history, philosophy, and science of the brain and the search for the discovery of the self.

## **Strength and Conditioning for Young Athletes**

The Human Sciences after the Decade of the Brain brings together exciting new works that address today's key challenges for a mutual interaction between cognitive neuroscience and the social sciences and humanities. Taking up the methodological and conceptual problems of choosing a neuroscience approach to disciplines such as philosophy, history, ethics and education, the book deepens discussions on a range of epistemological, historical, and sociological questions about the "neuro-turn" in the new millennium. The book's three sections focus on (i) epistemological questions posed by neurobiologically informed approaches to philosophy and history, (ii) neuroscience's influence on explanations for social and moral behavior, and (iii) the consequences of the neuro-turn in diverse sectors of social life such as science, education, film, and human self-understanding. This book is an important resource both for students and scholars of cognitive neuroscience and biological psychology interested in the philosophical, ethical, and societal influences of—and on—their work as well as for students and scholars from the social sciences and humanities interested in neuroscience. Explores the recent influence of neuroscience on the humanities and social sciences and how they respond to these influences Offers in-depth analysis of the theoretical and practical influence of a brain-centered scientific view in diverse areas of the social sciences including economics, education, cultural studies, and philosophy Investigates contributions of the history of science to scrutinizing current neuroscience-based approaches to social and moral behavior

## **Science Education/society**

Strength and Conditioning for Young Athletes offers an evidence-based introduction to the theory and practice of strength and conditioning for children and young athletes. Drawing upon leading up-to-date research in all aspects of fitness and movement skill development, the book adopts a holistic approach to training centred on the concept of long-term athletic development and the welfare of the young athlete. While other textbooks focus on a single aspect of youth trainability, this book explores every key topic in strength and conditioning as applied to young people, including: talent identification motor

skill development strength, power and plyometrics speed and agility metabolic conditioning mobility and flexibility periodization weightlifting myths overtraining and injury prevention nutrition. Written by a team of leading international strength and conditioning experts and paediatric sport scientists, every chapter includes programming guidelines for youths throughout childhood and adolescence to show how the latest scientific research can be applied by coaches to optimize young athletic potential. This is an essential resource for all students of strength and conditioning or paediatric exercise science, as well as any coach or athletic trainer working with children and young people.

## **The Mind Field**

### **Brain, Mind and Soul**

The highly acclaimed SportExcel system is a revolutionary way to win, and it is changing the way clay-target shooters approach their game in North America and around the globe. With Bob Palmer's easy-to-read and easy-to-understand, step-by-step system, you learn to see the target as huge, to eliminate distractions and to stay totally focused. "Great shooters don't think - they just shoot in the Zone." No matter if you're a world-class shooter, a weekend enthusiast, a beginner, a coach or a parent, this book is your handbook to using your very powerful Zone to learn how to win.

### **The Devastating Impact of Hurricanes Katrina and Rita on Health and Education**

Two stolen Pakistani nuclear bombs, a conspiracy to manipulate the global market in rare earths and a plot to assassinate the President of the United States. It's going to be a busy week for Ali Monpour, special investigator for the National Security Advisor. Rare Earths is a fast-paced political thriller ripped from today's headlines! Action and intrigue intertwine from the deserts of Balochistan to the halls of power in Washington, D.C.

### **The Daemon**

Neurofeedback techniques are used as treatment for a variety of psychological disorders including attention deficit disorder, dissociative identity disorder, depression, drug and alcohol abuse, and brain injury. Resources for understanding what the technique is, how it is used, and to what disorders and patients it can be applied are scarce. An ideal tool for practicing clinicians and clinical psychologists in independent practice and hospital settings, this book provides an introduction to neurofeedback/neurotherapy techniques. Details advantages of quantitative EEG over other systems like PET and SPECT Gives details of QEEG procedures and typical measures Describes QEEG databases available for reference

Recommends protocols for specific disorders/patient populations

## **Multimind**

For years, Americans have been seeking rational, analytical answers to despair and anxiety. But now, this rational Western perception of consciousness has been challenged by an Eastern discipline which brings into sharp focus the travesty and deception underlying many of the contemporary awareness movements. Yet it is also the author's intent to combat the easy criticisms of the super-rationalists who dismiss every new development as the irresponsible invention of the "guru-of-the-month club." He offers not only the findings of extensive scientific research on the brain but the valuable discoveries of personal experience as well. There is no one who is better qualified to assess modern America's approach to matters of the mind than Robert Ornstein, and he does so with clarity, wit, and utter persuasiveness.

## **New Scientist**

"We frequently see one idea appear in one discipline as if it were new, when it migrated from another discipline, like a mole that had dug under a fence and popped up on the other side." Taking note of this phenomenon, John Goldsmith and Bernard Laks embark on a uniquely interdisciplinary history of the genesis of linguistics, from nineteenth-century currents of thought in the mind sciences through to the origins of structuralism and the ruptures, both political and intellectual, in the years leading up to World War II. Seeking to explain where contemporary ideas in linguistics come from and how they have been justified, *Battle in the Mind Fields* investigates the porous interplay of concepts between psychology, philosophy, mathematical logic, and linguistics. Goldsmith and Laks trace theories of thought, self-consciousness, and language from the machine age obsession with mind and matter to the development of analytic philosophy, behaviorism, Gestalt psychology, positivism, and structural linguistics, emphasizing throughout the synthesis and continuity that has brought about progress in our understanding of the human mind. Arguing that it is impossible to understand the history of any of these fields in isolation, Goldsmith and Laks suggest that the ruptures between them arose chiefly from social and institutional circumstances rather than a fundamental disparity of ideas.

## **How Patients Think**

NEW YORK TIMES BESTSELLER • Deepak Chopra joins forces with leading physicist Menas Kafatos to explore some of the most important and baffling questions about our place in the world. "A riveting and absolutely fascinating adventure that will blow your mind wide open!" —Dr. Rudolph E. Tanzi What happens when modern science reaches a crucial turning point that challenges everything we know about reality? In this brilliant, timely, and practical work, Chopra and Kafatos tell us

that we've reached just such a point. In the coming era, the universe will be completely redefined as a "human universe" radically unlike the cold, empty void where human life is barely a speck in the cosmos. You Are the Universe literally means what it says--each of us is a co-creator of reality extending to the vastest reaches of time and space. This seemingly impossible proposition follows from the current state of science, where outside the public eye, some key mysteries cannot be solved, even though they are the very issues that define reality itself: • What Came Before the Big Bang? • Why Does the Universe Fit Together So Perfectly? • Where Did Time Come From? • What Is the Universe Made Of? • Is the Quantum World Linked to Everyday Life? • Do We Live in a Conscious Universe? • How Did Life First Begin? "The shift into a new paradigm is happening," the authors write. "The answers offered in this book are not our invention or eccentric flights of fancy. All of us live in a participatory universe. Once you decide that you want to participate fully with mind, body, and soul, the paradigm shift becomes personal. The reality you inhabit will be yours either to embrace or to change." What these two great minds offer is a bold, new understanding of who we are and how we can transform the world for the better while reaching our greatest potential.

### **My Beautiful Genome**

History has already progressed through an agricultural revolution, an industrial revolution, and an information revolution. The Neuro Revolution foretells a fast approaching fourth epoch, one that will radically transform how we all work, live and play. Neurotechnology—brain imaging and other new tools for both understanding and influencing our brains—is accelerating the pace of change almost everywhere, from financial markets to law enforcement to politics to advertising and marketing, artistic expression, warfare, and even religious belief. The Neuro Revolution introduces you to the brilliant people leading this worldwide transformation, taking you into their laboratories, boardrooms and courtrooms for a unique, insider's glimpse into the startling future now appearing at our doorstep. From foolproof lie detectors to sure-fire investment strategies to super-enhanced religious and aesthetic experiences, the insights and revelations within The Neuro Revolution will foster wonder, debate, and in some cases consternation. Above all, though, they need to be understood by those who will be most affected—all of us.

### **Sum**

This reprint of Robert Ornstein's classic presents a startling new concept of how the human mind works -- a readable and accessible introduction to the new science of the mind, where different parts of the midn are thought to come to the fore to handle different situations. This means that "we" are not the same person from moment to moment and have different memories and abilities in different situations. The book has a wonderful new cover from the drawings of Ted Dewan.

## **Journey to Awareness and Beyond**

After a terrorist cell ignites an aerosol dispersion of bacterial spinal meningitis, more than three million Americans are left deaf. They must learn to communicate and work to put together their country's civilization.

## **Primal Body, Primal Mind**

A unique and practical guide to making high-impact presentations by using visual communications techniques.

## **A Field Guide to Getting Lost**

This work should appeal to scholars interested in life and reconstruction following natural disasters and the politics surrounding such events. Orleans administrators, faculty and staff provided counseling for the children at Sophie B. Wright Middle School. Many of these children and their families could not evacuate before the hurricane and endured the horror at the Superdome and the local, state and national neglect. This book tells their stories. Gathering together leading experts to examine the lessons that Hurricane Katrina has taught us about better assessing, perceiving, and managing risks as well as dealing with the aftermath of a natural disaster, this book provides insight into the effects of such disasters on the daily lives of the individuals who live through them.

## **Mindfield**

An accessible journalistic exploration of the culture of modern psychiatry analyzes early crossover efforts between the fields of neuroscience and psychoanalysis to outline new understandings in how humans think, feel, and behave.

## **Brainstorming**

Anthony Peake's first book, *Is There Life After Death?: The Extraordinary Science of What Happens When We Die*, caused a considerable stir. In *The Daemon: A Guide to Your Extraordinary Secret Self*, Peake expands on one of the most enigmatic areas of his previous book, the proposition that all consciously aware beings consist of not one but two

## **The Visual Communications Book**

Let Light Guide Your Life The most important things in life are our health and happiness. Yet most of us are neither healthy

nor happy. We have been led to believe that if we think ahead and make the right choices, we can manifest our dreams. Yet despite our best efforts, we still have more disease and discontent than ever before. Is it possible that our essential ideas about life are flawed? We are all aware of the impact of sunlight on a plant's growth and development. But few of us realize that a plant actually "sees" where light is emanating from and positions itself to be in optimal alignment with it. This phenomenon, however, is not just occurring in the plant kingdom — humans are also fundamentally directed by light. In *Luminous Life*, Dr. Jacob Israel Liberman integrates scientific research, clinical practice, and direct experience to demonstrate how the luminous intelligence we call light effortlessly guides us toward health, contentment, and a life filled with purpose.

## **The Pleasure Shock**

Here is a multidimensional playland of ideas from the world's most eccentric Nobel-Prize winning scientist. Kary Mullis is legendary for his invention of PCR, which redefined the world of DNA, genetics, and forensic science. He is also a surfer, a veteran of Berkeley in the sixties, and perhaps the only Nobel laureate to describe a possible encounter with aliens. A scientist of boundless curiosity, he refuses to accept any proposition based on secondhand or hearsay evidence, and always looks for the "money trail" when scientists make announcements. Mullis writes with passion and humor about a wide range of topics: from global warming to the O. J. Simpson trial, from poisonous spiders to HIV, from scientific method to astrology. *Dancing Naked in the Mind Field* challenges us to question the authority of scientific dogma even as it reveals the workings of an uncannily original scientific mind.

## **50 Human Brain Ideas You Really Need to Know**

Minority Report meets Dr. Strangelove in the true story of how neuroscience and related technologies are shaping national defense.

## **Language and the Mind**

## **The Righteous Mind**

*How Patients Think* is a refreshing look at the heart of healthcare—the patient. Dr. LaFountain discusses how improvements in health and wealth are constrained by outdated approaches to patient management. She presents a scientific basis for understanding the complexities of patient decision-making regarding one of the most crippling problems

facing the healthcare industry today--patient disengagement. Dr. LaFountain argues that a radical change in how we approach patient and population management is in order if we are to see measurable impact on outcomes or costs of care. She provides a thorough review of how patient engagement can be approached using a scientific platform and presents case examples in diabetes, oncology and ADHD. Tools and techniques for developing evidence-based strategies are also provided.

### **The Neuro Revolution**

A stimulating exploration of wandering, being lost, and the uses of the unknown from the author of *Recollections of My Nonexistence* Written as a series of autobiographical essays, *A Field Guide to Getting Lost* draws on emblematic moments and relationships in Rebecca Solnit's life to explore issues of uncertainty, trust, loss, memory, desire, and place. Solnit is interested in the stories we use to navigate our way through the world, and the places we traverse, from wilderness to cities, in finding ourselves, or losing ourselves. While deeply personal, her own stories link up to larger stories, from captivity narratives of early Americans to the use of the color blue in Renaissance painting, not to mention encounters with tortoises, monks, punk rockers, mountains, deserts, and the movie *Vertigo*. The result is a distinctive, stimulating voyage of discovery.

### **Navigating the Mindfield**

Shaun Gallagher is a philosopher of mind who has made it his business to study and meet with leading neuroscientists, including Michael Gazzaniga, Marc Jeannerod and Chris Frith. The result is this unique introduction to the study of the mind, with topics ranging over consciousness, emotion, language, movement, free will and moral responsibility. The discussion throughout is illustrated by lengthy extracts from the author's many interviews with his scientist colleagues on the relation between the mind and the brain.

### **Rare Earths**

Neuroscience is one of the most fascinating and complex areas of scientific research, with new advances being made every day. In *50 Human Brain Ideas You Really Need to Know*, Mo Costandi condenses all we know about the brain and how it works into series of introductions to the most important concepts. Outlining both long-standing theories - such as the function of neurons and synaptic transmission - and cutting-edge ideas - including neuroethics and brain-computer interfacing - with straightforward narrative and clear two-colour illustrations, this book is a perfect beginner's guide to the most powerful and mysterious organ in the body. The ideas explored include: The nervous impulse; Differences between

the male and female brain; The root of addiction; Neurobiological basis for personality; The relationship between sleep and memory.

## **You are the Placebo**

"Throughout history up until present, many cultures have traditionally experienced the effects of verifiable healings, along with hexes, curses, witchcraft, voodoo, and other mysterious phenomena. These effects-many of which were elicited by unscientific means-were brought about by the beliefs and lore of the society. Even today, pharmaceutical companies use double- and triple-blind randomized studies in an attempt to exclude of the power of the mind over the body. In *You Are the Placebo*, Dr. Joe Dispenza explores the history, the science, and the practical applications of the so-called placebo effect. Citing many amazing individual cases studies, this compelling book will empower you to personally use "the expectation of a particular outcome" to alter your internal states-as well as external reality-solely through the action of your mind. It offers the necessary understandings to change old beliefs and perceptions into new ones. In addition, it teaches a model of personal transformation that correlates with the placebo effect-without the need for any external influences ("placebos" such as sugar pills, saline injections, and so on). *You Are the Placebo* combines the latest research in neuroscience, biology, psychology, hypnosis, behavioral conditioning, and quantum physics to demystify the workings of the placebo effect. and show how the seemingly impossible can become possible. "--

## **Mindfield**

A dizzying array of popular psychology books, articles, and promotion campaigns tout a multitude of remedies for psychological problems. If you or someone you know is seeking therapy, this excellent reference book will provide needed guidance for navigating the mental health maze.

## **You Are the Universe**

Internationally acclaimed science writer Lone Frank swabs up her DNA to provide the first truly intimate account of the new science of consumer-led genomics. She challenges the business mavericks intent on mapping every baby's genome, ponders the consequences of biological fortune-telling, and prods the psychologists who hope to uncover just how much or how little our environment will matter in the new genetic century - a quest made all the more gripping as Frank considers her family's and her own struggles with depression.

## **The Neurotourist**

The age of the brain is upon us. The realisation that the fundamental building blocks of our world consist of brains rather than nations, electrons, or even DNA is ushering in a 'neurocentric' revolution, challenging how we think about everything from morality to the stock market, and how we view ourselves. Serving as guide and human guinea pig, the author introduces the leading brain researchers whose work is changing our understanding of ethics, religion, and personal happiness, and influencing economics, society, and even the judicial system. This is the first book to document the rise of 'neurocentrism': a concept in which the very essence of what it is to be human is located in the brain. While it may seem limiting to reduce humanity to the 1300 grams of tissue between our ears, the emerging truth is that such acceptance will allow us to transcend human nature. Writer, editor, presenter, and public lecturer, Dr Lone Frank has been involved in the study of science and ethics for over ten years.

## **Battle in the Mind Fields**

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