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Walking us through the intricate foundations of interpersonal neurobiology, Siegel allows us to see the personal and professional applications of this exciting new approach to developing a healthy mind, an integrated brain, and empathic relationships. What readers are saying about Pocket Guide to IPNB:

Pocket Guide to Interpersonal Neurobiology - Dr. Dan Siegel

Interpersonal Neurobiology is a way of thinking across this apparent conceptual divide. This Pocket Guide to Interpersonal Neurobiology is designed to aid in your personal and professional application of the interpersonal neurobiology approach to developing a healthy mind, an integrated brain, and empathic relationships.

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This "pocket guide" reads like an undergraduate textbook for clinical psychologists, but it's wonderfully organized and satisfyingly comprehensive. What Siegel has done is impressive: bringing together the research of neurologists, psychologists, psychotherapists, philosophers, etc. and demonstrating concision, to bring them under the umbrella term "interpersonal neurobiology".

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The Pocket Guide to Interpersonal Neurobiology was written to aid both personal and professional use of 'interpersonal neurobiology.' This approach recognizes an integrated brain, which creates our sense of 'self' and 'others' and the empathic relationships we create throughout our lives.

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The central concepts of the theory of interpersonal neurobiology., Pocket Guide to Interpersonal Neurobiology, An Integrative Handbook of the Mind, Daniel J Siegel, 9780393707137

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Pocket Guide to Interpersonal Neurobiology: An Integrative ...

An interpersonal neurobiology" approach enables the activity stemming from these regions to be known and then linked with other areas." — Daniel J. Siegel, Pocket Guide to Interpersonal Neurobiology: An Integrative Handbook of the Mind

Pocket Guide to Interpersonal Neurobiology Quotes by ...

- Pocket Guide to Interpersonal Neurobiology, front matter True confessions: I am writing a summary of a book that I didn't finish. The thing is—I read the book just as it was intended to be read. Dr. Siegel—the founder of interpersonal neurobiology—wrote this book as a reference for anyone wanting to understand more about the key concepts that this field of study and practice offer.