



The Developing Mind, Second Edition: How Relationships and the Brain Interact to Shape Who We Are

Daniel J. Siegel M.D.

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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.

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