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A graduate of Harvard Medical School, Dr. Siegel is the author of several books, including the New York Times bestsellers

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To quote, "Mindsight is a kind of focused attention that allows us to see the internal workings of our own minds." Neuroplasticity is the ability for the brain to grow new

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pathways between neurons that fire in your  
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Daniel J. Siegel, M.D., is clinical professor of  
psychiatry at the UCLA School of Medicine,

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Daniel J. Siegel  
the founding co-director of the UCLA  
Mindful Awareness Research Center, and  
executive director of the Mindsight  
Institute. A graduate of Harvard Medical  
School, Dr. Siegel is the author of several  
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us to get ourselves off the autopilot of ingrained behaviors and habitual responses, and moves us beyond the reactive emotional loops we all have a tendency to get trapped in.

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Mindsight is a life changing, well researched, easy to read book. Life changing because Dr. Siegel explains the science of the brain in an understandable way so you can apply it to everyday life. Knowing how your brain works is a game changer when you are trying to improve your life, parent or help other people improve their lives.

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Reading Siegel ' s thought-provoking book,  
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granny ' s books and began reading...

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meaning, connection, and  
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perhaps called “ inner ” or “ true ”  
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New Science of Personal Transformation, helps harness the power of our minds to re-sculpt the neuro pathways of our brains in ways that can be life transforming. Dr. Siegel ' s psychotherapy practice includes children, adolescents, adults, couples and families.

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Mind viewed as a self-organizing emergent property, a process that REGULATES energy and information flow The mind is both EMBODIED and RELATIONAL Regulation entails MONITORING and MODIFYING Harmony emerges from

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integration —the linkage of differentiated  
elements of a system Chaos and/or Rigidity  
result from impaired integration

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"Mindsight is a seminal piece on bringing neuroscience to everyday life, helping us to

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understand what can go awry in the mind so that, armed with that knowledge, we will be better able to change. The book is a wonderful journey from the mind through the brain and the body and then back again.

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