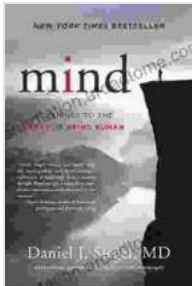


Embark on a Profound Journey to the Heart of Being Human: Exploring Interpersonal Neurobiology with Norton's Masterwork

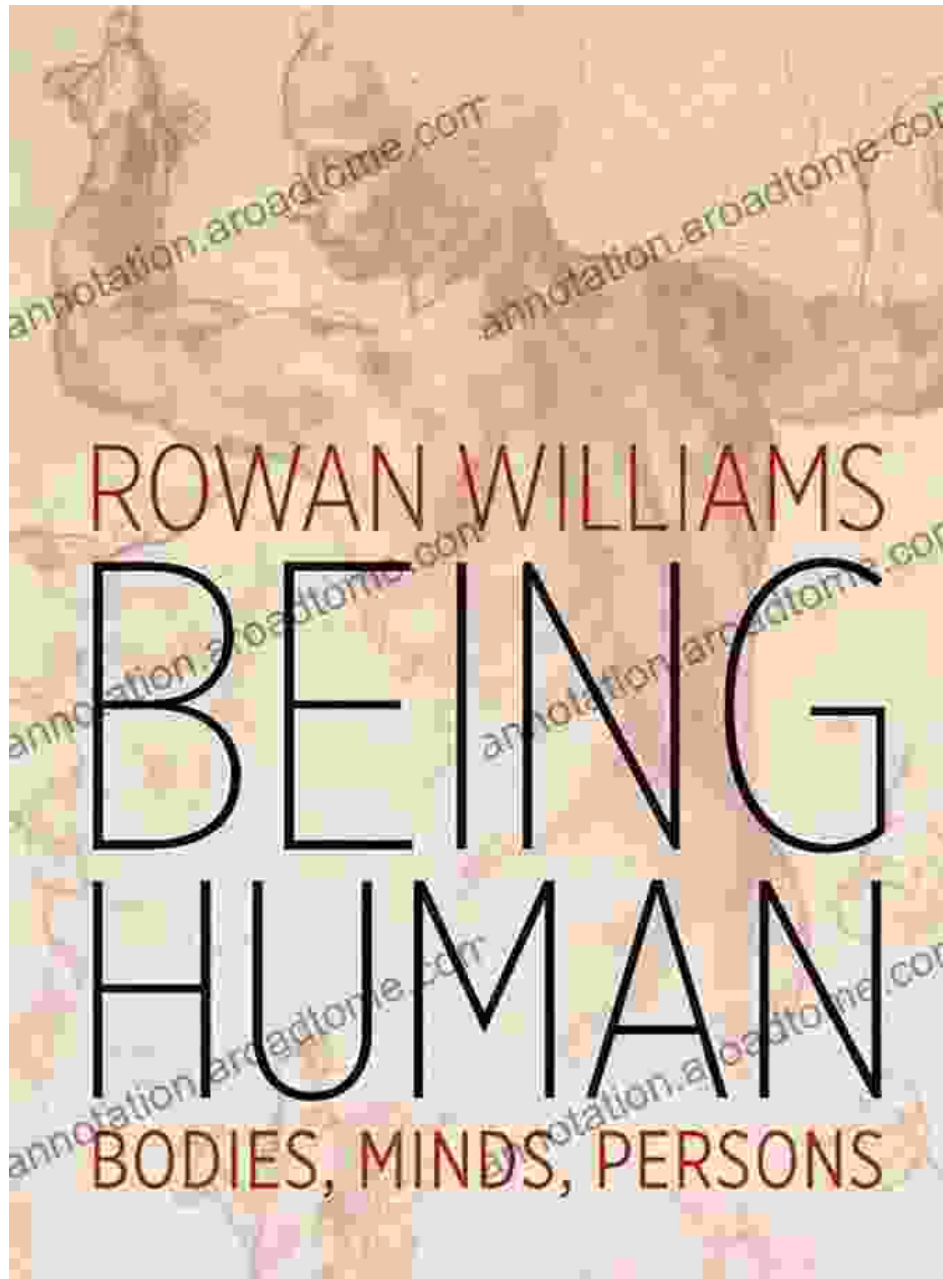


Mind: A Journey to the Heart of Being Human (Norton Series on Interpersonal Neurobiology) by Daniel J. Siegel

★★★★☆ 4.4 out of 5

Language : English
File size : 71920 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 388 pages





Journey To The Heart Of Being Human

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In this groundbreaking work, Norton invites readers to embark on a profound journey of self-discovery and connection. Drawing upon cutting-edge research in interpersonal neurobiology, Norton reveals the intricate connections between our minds, bodies, and relationships.

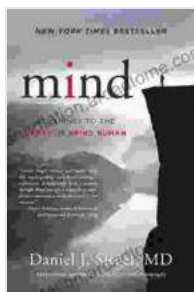
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About the Author:

Daniel J. Siegel, MD, is a clinical professor of psychiatry at the UCLA School of Medicine and the founding co-director of the UCLA Mindful Awareness Research Center. He is a New York Times bestselling author and a pioneer in the field of interpersonal neurobiology.



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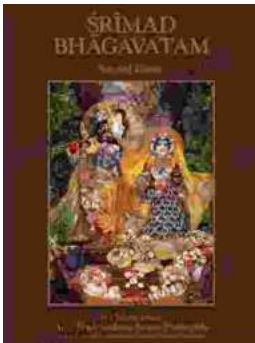
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