



# **The Healing Power of Emotion: Affective Neuroscience, Development & Clinical Practice (Norton Series on Interpersonal Neurobiology)**

*Daniel J. Siegel, Marion Solomon, Diana Fosha*

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Drawing on cutting-edge neuroscience to better understand emotion.

We are hardwired to connect with one another, and we connect through our emotions. Our brains, bodies, and minds are inseparable from the emotions that animate them.

Normal human development relies on the cultivation of relationships with others to form and nurture the self-regulatory circuits that enable emotion to enrich, rather than enslave, our lives. And just as emotionally traumatic events can tear apart the fabric of family and psyche, the emotions can become powerful catalysts for the transformations that are at the heart of the healing process.

In this book, the latest addition to the Norton Series on Interpersonal Neurobiology, leading neuroscientists, developmental psychologists, therapy researchers, and clinicians illuminate how to regulate emotion in a healthy way. A variety of emotions, both positive and negative, are examined in detail, drawing on both research and clinical observations. The role of emotion in bodily regulation, dyadic connection, marital communication, play, well-being, health, creativity, and social engagement is explored. *The Healing Power of Emotion* offers fresh, exciting, original, and groundbreaking work from the leading figures studying and working with emotion today.

Contributors include: Jaak Panksepp, Stephen W. Porges, Colwyn Trevarthen, Ed Tronick, Allan N. Schore, Daniel J. Siegel, Diana Fosha, Pat Ogden, Marion F. Solomon, Susan Johnson, and Dan Hughes.

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Reading can called mind hangout, why? Because if you are reading a book especially book entitled The Healing Power of Emotion: Affective Neuroscience, Development & Clinical Practice (Norton Series on Interpersonal Neurobiology) your head will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely might be your mind friends. Imaging just about every word written in a guide then become one web form conclusion and explanation this maybe you never get prior to. The The Healing Power of Emotion: Affective Neuroscience, Development & Clinical Practice (Norton Series on Interpersonal Neurobiology) giving you yet another experience more than blown away the mind but also giving you useful details for your better life in this era. So now let us show you the relaxing pattern the following is your body and mind will be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

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