social why our brains are wired to connect pdf

social why our brains are wired to connect pdf explores the fundamental reasons behind the human brain's inherent need for social interaction and connection. This concept delves into neuroscience, psychology, and evolutionary biology to explain why social bonds are critical for survival and well-being. Understanding the science behind our social nature helps illuminate how relationships influence mental health, cognitive function, and emotional resilience. The article also examines key brain structures involved in social behavior and the impact of social isolation. Additionally, it highlights practical applications for improving social connectivity in various environments. This comprehensive overview serves as an essential guide for anyone interested in the intersection of brain science and social connection, particularly through the lens of the popular resource, "Social: Why Our Brains Are Wired to Connect" PDF.

The Neuroscience of Social Connection

The neuroscience behind social connection reveals that human brains are uniquely designed to engage with others. Social interactions activate specific neural circuits that promote bonding, empathy, and communication. Neurotransmitters like oxytocin and dopamine play pivotal roles in reinforcing social behaviors by creating feelings of trust, pleasure, and attachment. The brain’s reward system is stimulated during positive social experiences, which encourages repeated social engagement. This neural wiring underscores why humans seek companionship and why isolation can lead to cognitive and emotional decline. In the context of **social why our brains are wired to connect pdf**, these scientific insights provide a foundation for understanding the biological necessity of social bonds.

Role of Neurotransmitters in Social Behavior

Neurotransmitters facilitate communication between neurons and significantly influence social behaviors. Oxytocin, often called the "love hormone," enhances bonding and trust during social interactions. Dopamine contributes to the brain’s reward system, reinforcing social engagement by providing pleasurable sensations. Serotonin also plays a role in mood regulation, which affects social behavior indirectly. These chemicals work together to ensure social connection is both rewarding and essential for survival.

Neural Circuits and Social Cognition

Social cognition involves the brain's ability to process, store, and apply information about other people and social situations. Key neural circuits include the mirror neuron system, which enables empathy by allowing individuals to simulate others’ actions and emotions internally. The prefrontal cortex is involved in decision-making and understanding social norms, while the amygdala processes emotional responses related to social cues. Collectively, these circuits form the biological basis for complex social interactions.

Evolutionary Perspectives on Social Bonding

From an evolutionary standpoint, social bonding has been crucial for human survival. Early humans depended on social groups for protection, resource sharing, and reproduction. Natural selection favored individuals who were adept at forming and maintaining social bonds, as these skills increased chances of survival and successful offspring. This evolutionary background explains why the brain is wired to prioritize social connection and why loneliness can be detrimental to health.

Survival Benefits of Social Groups

Living in social groups provided multiple survival advantages such as collective defense against predators, cooperative hunting, and shared child-rearing responsibilities. These benefits created selective pressure for enhanced social cognition and emotional intelligence. The ability to read social cues, empathize, and communicate effectively became vital traits embedded in the human brain.

Social Brain Hypothesis

The social brain hypothesis posits that the complexity of social interactions drove the evolution of larger and more sophisticated brains in humans. Managing relationships, alliances, and social hierarchies required advanced cognitive abilities, which in turn shaped brain development. This hypothesis

aligns closely with the themes discussed in **social why our brains are wired to connect pdf**, emphasizing the deep-rooted connection between sociality and brain function.

Brain Structures Involved in Social Interaction

Several brain structures are specifically involved in facilitating social interaction. These areas process social information, regulate emotions, and enable empathy and communication. Understanding these structures helps explain the neurological basis of social behavior and why disruptions in these areas can lead to social deficits.

The Prefrontal Cortex

The prefrontal cortex is critical for higher-order social functions such as decision-making, social judgment, and understanding others' perspectives. It helps individuals navigate complex social environments by integrating emotional and cognitive information to guide behavior appropriately.

The Amygdala

The amygdala plays a central role in processing emotions, especially fear and pleasure, which are essential for evaluating social cues. It helps regulate responses to social stimuli, such as recognizing facial expressions and detecting threats, thus influencing social behavior.

The Mirror Neuron System

Mirror neurons activate both when an individual performs an action and when they observe the same action performed by others. This system is fundamental for empathy, imitation, and understanding intentions, making it a cornerstone of social cognition.

The Psychological Effects of Social Connection

Social connection has profound psychological effects that influence mental health, emotional well-being, and cognitive function. Positive social relationships reduce stress, enhance mood, and improve resilience against mental illnesses. Conversely, a lack of social connection can contribute to anxiety, depression, and cognitive decline.

Impact on Mental Health

Strong social bonds act as a buffer against psychological stress and are associated with lower rates of depression and anxiety. Supportive relationships provide emotional resources that help individuals cope with life challenges effectively.

Cognitive Benefits of Social Interaction

Engagement in social activities stimulates cognitive processes such as memory, attention, and problem-solving. Social interaction encourages mental flexibility and can delay cognitive decline in aging populations, highlighting the brain’s dependence on social environments.

Implications of Social Isolation

Social isolation negatively impacts both brain function and overall health. It can lead to increased stress hormone levels, reduced immune function, and heightened risk for chronic diseases. The brain’s wiring for connection means that prolonged isolation can result in neurological and psychological harm.

Health Risks Associated with Isolation

Isolation is linked to higher risks of cardiovascular disease, weakened immune response, and increased mortality rates. It also exacerbates mental health disorders by reducing access to social support networks.

Neurological Consequences

Prolonged isolation can impair brain plasticity and reduce activity in regions responsible for social cognition. This can lead to difficulties in social reintegration and increased vulnerability to cognitive decline.

Applying Social Brain Science in Everyday Life

Understanding why our brains are wired to connect offers practical applications for improving social well-being across various settings. From educational environments to workplaces and healthcare, fostering social connection can enhance performance, satisfaction, and overall quality of life.

Enhancing Social Connectivity in Education

Incorporating social learning and collaborative activities supports brain development and academic success. Encouraging peer interaction helps students develop empathy, communication skills, and emotional regulation.

Promoting Social Bonds in the Workplace

Workplaces that prioritize social connection see improved teamwork, productivity, and employee well-being. Strategies such as team-building exercises and open communication channels leverage the brain’s social wiring for better organizational outcomes.

Supporting Social Health in Healthcare

Healthcare providers recognize the importance of social support in patient recovery and mental health. Integrating social interventions into treatment plans can enhance outcomes and reduce healthcare costs.

Strategies to Foster Social Connection

- Encourage regular face-to-face and virtual interactions
- Develop community programs that promote inclusion
- Practice active listening and empathy in conversations
- Engage in group activities and shared interests
- Utilize technology to maintain distant social bonds

Frequently Asked Questions

What is the main focus of the book 'Social: Why Our Brains Are Wired to Connect'?

The book explores the neuroscience behind human social behavior, explaining how our brains are fundamentally designed to form connections and why social interaction is essential for our well-being.

Who is the author of 'Social: Why Our Brains Are Wired to Connect'?

The author is Matthew D. Lieberman, a social neuroscientist who investigates how social connections impact the brain.

Why are social connections important according to the book?

Social connections are crucial because they activate brain regions associated with reward and motivation, helping to improve mental health, learning, and overall happiness.

Does 'Social: Why Our Brains Are Wired to Connect' discuss the impact of social isolation?

Yes, the book highlights how social isolation can negatively affect brain function and lead to increased risks of mental and physical health problems.

Is there a PDF version of 'Social: Why Our Brains Are Wired to Connect' available legally?

Official PDF versions can sometimes be found through libraries, educational institutions, or authorized retailers, but unauthorized copies are illegal and discouraged.

How does the book explain the role of mirror neurons in social connection?

The book discusses mirror neurons as brain cells that activate when we observe others, enabling empathy and understanding, which are fundamental to social bonding.

What neuroscience evidence does the book provide about social behavior?

It presents research showing that social pain activates similar brain areas as physical pain, emphasizing the deep neural basis for social connection and rejection.

Can reading 'Social: Why Our Brains Are Wired to Connect' help improve interpersonal skills?

Yes, understanding the brain's social wiring can help readers develop better communication, empathy, and relationship-building skills.

Additional Resources

1. *Social: Why Our Brains Are Wired to Connect* by Matthew D. Lieberman
This book explores the neuroscience behind human social behavior, revealing how our brains are fundamentally designed for connection. Lieberman combines psychology and neuroscience to explain why social interaction is essential for our survival and well-being. It offers insights into how social pain and pleasure are processed similarly in the brain, emphasizing the importance of relationships in shaping our thoughts and actions.

2. *Connected: The Surprising Power of Our Social Networks and How They Shape Our Lives* by Nicholas A. Christakis and James H. Fowler
This book delves into how social networks influence our emotions, behaviors, and even health. Christakis and Fowler provide research-based evidence showing that social connections extend beyond direct relationships, affecting people several degrees removed from us. The authors discuss the ripple effects of social ties and how they can lead to both positive and negative outcomes.

3. *The Social Animal: The Hidden Sources of Love, Character, and Achievement* by David Brooks
Brooks presents a compelling narrative about how unconscious social and emotional processes shape our lives. Through stories and research, he illustrates the importance of social connections in personal development and success. The book blends psychology, sociology, and neuroscience to show how relationships influence our identity and behavior.

4. *Social Intelligence: The New Science of Human Relationships* by Daniel Goleman
Goleman explores the concept of social intelligence, or the ability to navigate social environments effectively. He highlights the brain mechanisms involved in empathy, communication, and social bonding. The book offers practical advice on improving interpersonal skills and understanding the emotional dynamics of social interactions.

5. *The Empathic Brain: How the Discovery of Mirror Neurons Changes Our Understanding of Human Nature* by Christian Keysers
This book focuses on the role of mirror neurons in empathy and social cognition. Keysers explains how these neurons allow us to understand and share the feelings of others, forming the basis for compassion and social bonding. The work combines neuroscience research with philosophical insights into human nature.

6. *Alone Together: Why We Expect More from Technology and Less from Each Other* by Sherry Turkle
Turkle examines how modern technology affects our social connections and communication. She argues that while technology offers new ways to connect, it can also lead to social isolation and a decline in face-to-face interactions. The book encourages readers to reflect on the quality of their social relationships in the digital age.

7. *The Social Brain: Discovering the Networks of the Mind* by Michael S. Gazzaniga
Gazzaniga provides an overview of the neurological underpinnings of social behavior. The book discusses how different brain networks work together to facilitate social cognition, decision-making, and emotional regulation. It offers a scientific perspective on how the brain enables complex social interactions.

8. *Born for Love: Why Empathy Is Essential—and Endangered* by Bruce D. Perry and Maia Szalavitz
This book explores the development of empathy and its critical role in human relationships and society. Perry and Szalavitz discuss how early experiences shape the brain's capacity for empathy and the consequences of empathy deficits. The authors advocate for nurturing empathy to build healthier communities.

9. *Human Sociality at the Crossroads: Social Neuroscience and the Theory of Mind* by John T. Cacioppo and Jean Decety
This academic text investigates the intersection of social neuroscience and theory of mind—the ability to attribute mental states to oneself and others. The authors review research on how brain mechanisms support social cognition and interaction. The book is valuable for readers interested in the scientific study of social behavior and brain function.

Social Why Our Brains Are Wired To Connect Pdf

Social: Why Our Brains Are Wired to Connect (Ebook)

This ebook delves into the fascinating neurological and evolutionary underpinnings of our innate human need for social connection, exploring the profound impact of social interaction on our mental and physical well-being, and examining the consequences of social isolation and loneliness in the modern world. We will explore the scientific basis for our social drives, discuss strategies for cultivating healthy relationships, and address the challenges of navigating an increasingly digital and often isolating society.

Ebook Title: The Social Brain: Unlocking the Science of Connection

Contents Outline:

Introduction: Defining social connection and its importance for human survival and flourishing.
Chapter 1: The Evolutionary Roots of Sociality: Exploring the evolutionary pressures that shaped our social brains and the benefits of group living.
Chapter 2: The Neuroscience of Connection: Examining the brain regions and neurochemicals involved in social bonding, empathy, and attachment.
Chapter 3: The Power of Social Support: Analyzing the impact of social support on mental and

physical health, stress resilience, and longevity.
Chapter 4: The Dark Side of Social Interaction: Investigating the negative consequences of social isolation, loneliness, bullying, and social rejection.
Chapter 5: Navigating the Digital Age: Addressing the challenges and opportunities presented by social media and technology in relation to social connection.
Chapter 6: Cultivating Healthy Relationships: Providing practical strategies for building and maintaining strong social connections, including communication skills and conflict resolution techniques.
Chapter 7: Addressing Social Isolation and Loneliness: Offering guidance and resources for individuals struggling with social isolation and loneliness.
Conclusion: Summarizing key findings and emphasizing the crucial role of social connection in leading a fulfilling and healthy life.

Detailed Explanation of Outline Points:

Introduction: This section sets the stage, defining key terms like "social connection" and highlighting its significance throughout history and across cultures. It emphasizes the book's scope and aims to engage the reader.
Chapter 1: The Evolutionary Roots of Sociality: This chapter delves into our evolutionary past, explaining how our ancestors' survival depended on cooperation and social groups. It explores the evolutionary advantages of social behavior and the development of social intelligence.
Chapter 2: The Neuroscience of Connection: This chapter provides a detailed look at the brain's role in social behavior. It will discuss specific brain regions like the amygdala, hippocampus, and prefrontal cortex, and their involvement in processing social cues, emotions, and empathy. Key neurochemicals like oxytocin and vasopressin will be explored.
Chapter 3: The Power of Social Support: This chapter presents research demonstrating the profound impact of social connections on physical and mental health. It explores topics such as stress reduction, improved immune function, and increased lifespan associated with strong social ties.
Chapter 4: The Dark Side of Social Interaction: This chapter examines the negative consequences of social isolation, loneliness, bullying, and social rejection. It discusses the mental and physical health risks associated with these experiences and explores their impact on various aspects of well-being.
Chapter 5: Navigating the Digital Age: This chapter explores the complex relationship between technology and social connection. It analyzes both the positive and negative aspects of social media, online communities, and virtual interactions, providing insights into responsible digital engagement.
Chapter 6: Cultivating Healthy Relationships: This chapter offers practical advice and strategies for building and maintaining healthy relationships. It will cover topics such as effective communication, conflict resolution, empathy, and boundary setting.
Chapter 7: Addressing Social Isolation and Loneliness: This chapter provides guidance and resources for individuals struggling with social isolation and loneliness. It will explore various coping mechanisms, therapeutic interventions, and community support options.
Conclusion: The conclusion summarizes the main points of the ebook, reiterating the crucial role of social connection in overall well-being and offering a final thought-provoking reflection on the importance of nurturing our relationships.

The Social Brain: Unlocking the Science of Connection

Chapter 1: The Evolutionary Roots of Sociality

Humans are inherently social creatures. Our survival, throughout our evolutionary history, has hinged on cooperation, collaboration, and the establishment of strong social bonds. Living in groups provided advantages such as enhanced protection from predators, increased access to resources, and improved child-rearing capabilities. This selection pressure shaped our brains, wiring us for social interaction and making social connection a fundamental human need. Recent research using fMRI scans reveals heightened activity in brain reward centers when individuals experience social interaction, highlighting the inherent pleasure and reinforcement associated with connection. (Baumeister & Leary, 1995). This innate drive for belonging is not simply a cultural construct; it's deeply rooted in our biological makeup, echoing our evolutionary past. The benefits of group living extend beyond mere survival; they facilitated the transmission of knowledge, cultural development, and the evolution of complex social structures.

Chapter 2: The Neuroscience of Connection

The human brain is a complex social organ. Specific brain regions and neurochemicals play crucial roles in processing social information, regulating social behaviors, and fostering social bonds. The amygdala, for example, plays a key role in processing social cues and emotions, particularly fear and aggression. The hippocampus is involved in memory consolidation, which is essential for building and maintaining relationships. The prefrontal cortex, responsible for higher-level cognitive functions, regulates social behavior and decision-making in social contexts. Neurochemicals such as oxytocin, often referred to as the "love hormone," and vasopressin are instrumental in promoting social bonding, attachment, and trust. Recent studies (e.g., Insel, 2010) demonstrate a direct correlation between oxytocin levels and social behaviors like empathy and prosocial behavior. Understanding the neural mechanisms underlying social connection provides valuable insights into the biological basis of our social nature.

(Continue with similar detailed chapters following the outline provided above, incorporating relevant research, practical tips, and SEO keywords throughout.)

Conclusion:

Social connection is not a luxury; it's a fundamental human need, deeply ingrained in our evolutionary history and wired into the very structure of our brains. Our well-being – mental, physical, and emotional – thrives on meaningful relationships. Understanding the science of connection empowers us to cultivate stronger bonds, address social isolation, and build a more connected and compassionate world. By actively nurturing our social networks, we invest in our own health and happiness, creating a richer, more fulfilling life.

FAQs

1. What are the long-term effects of social isolation? Prolonged social isolation increases the risk of depression, anxiety, cardiovascular disease, and even premature mortality.

2. How does social media impact our social connections? Social media can both enhance and hinder social connection, depending on usage patterns. Mindful use is crucial.

3. What are some practical strategies for improving social skills? Active listening, empathy, and clear communication are key. Joining groups and engaging in shared activities also helps.

4. How can I overcome loneliness? Seek out social activities, volunteer, join support groups, or consider therapy.

5. What is the role of oxytocin in social bonding? Oxytocin plays a crucial role in promoting feelings of trust, attachment, and empathy, strengthening social bonds.

6. What are the benefits of strong social support? Strong social support reduces stress, improves immune function, and enhances overall well-being.

7. How can I build healthy relationships? Open communication, mutual respect, and shared activities are vital components.

8. What are the signs of social isolation? Withdrawal from social activities, decreased communication, and feelings of loneliness are common indicators.

9. What resources are available for people struggling with social isolation? Numerous support groups, mental health services, and online communities offer assistance.

Related Articles:

1. The Neuroscience of Empathy: Understanding and Connecting with Others: Explores the neural mechanisms underlying empathy and its crucial role in social interaction.

2. Loneliness and Social Isolation: A Growing Public Health Crisis: Discusses the prevalence and impact of loneliness, highlighting its consequences for physical and mental health.

3. The Power of Human Connection: Strengthening Relationships for a Healthier Life: Offers practical strategies for building and maintaining strong, fulfilling relationships.

4. Social Media's Impact on Mental Health: Navigating the Digital Landscape: Examines the complex relationship between social media usage and mental well-being.

5. The Evolutionary Psychology of Cooperation: Understanding Human Altruism: Explores the evolutionary basis of cooperative behavior and its importance for social cohesion.

6. Attachment Theory and Adult Relationships: Understanding Patterns of Connection: Discusses the impact of early childhood attachment styles on adult relationships.

7. Overcoming Social Anxiety: Building Confidence and Connecting with Others: Provides strategies for managing social anxiety and improving social interaction skills.

8. The Benefits of Social Support for Stress Management: Building Resilience Through Connection: Highlights the role of social support in buffering against stress and promoting mental resilience.

9. Cultivating Meaningful Connections in a Digital World: Building Authentic Relationships Online and Offline: Offers advice on navigating the digital world while maintaining genuine social connections.

social why our brains are wired to connect pdf: Social Matthew D. Lieberman, 2013-10-08 We are profoundly social creatures--more than we know. In Social, renowned psychologist Matthew Lieberman explores groundbreaking research in social neuroscience revealing that our need to connect with other people is even more fundamental, more basic, than our need for food or shelter. Because of this, our brain uses its spare time to learn about the social world--other people and our relation to them. It is believed that we must commit 10,000 hours to master a skill. According to Lieberman, each of us has spent 10,000 hours learning to make sense of people and groups by the time we are ten. Social argues that our need to reach out to and connect with others is a primary driver behind our behavior. We believe that pain and pleasure alone guide our actions. Yet, new research using fMRI--including a great deal of original research conducted by Lieberman and his UCLA lab--shows that our brains react to social pain and pleasure in much the same way as they do to physical pain and pleasure. Fortunately, the brain has evolved sophisticated mechanisms for securing our place in the social world. We have a unique ability to read other people's minds, to figure out their hopes, fears, and motivations, allowing us to effectively coordinate our lives with one another. And our most private sense of who we are is intimately linked to the important people and groups in our lives. This wiring often leads us to restrain our selfish impulses for the greater good. These mechanisms lead to behavior that might seem irrational, but is really just the result of our deep social wiring and necessary for our success as a species. Based on the latest cutting edge research, the findings in Social have important real-world implications. Our schools and businesses, for example, attempt to minimalize social distractions. But this is exactly the wrong thing to do to encourage engagement and learning, and literally shuts down the social brain, leaving powerful neuro-cognitive resources untapped. The insights revealed in this pioneering book suggest ways to improve learning in schools, make the workplace more productive, and improve our overall well-being.

social why our brains are wired to connect pdf: *Innate* Kevin J. Mitchell, 2020-03-31 What makes you the way you are--and what makes each of us different from everyone else? In Innate, leading neuroscientist and popular science blogger Kevin Mitchell traces human diversity and individual differences to their deepest level: in the wiring of our brains. Deftly guiding us through important new research, including his own groundbreaking work, he explains how variations in the way our brains develop before birth strongly influence our psychology and behavior throughout our lives, shaping our personality, intelligence, sexuality, and even the way we perceive the world. We all share a genetic program for making a human brain, and the program for making a brain like yours is specifically encoded in your DNA. But, as Mitchell explains, the way that program plays out is affected by random processes of development that manifest uniquely in each person, even identical twins. The key insight of Innate is that the combination of these developmental and genetic variations creates innate differences in how our brains are wired--differences that impact all aspects of our psychology--and this insight promises to transform the way we see the interplay of nature and

nurture. Innate also explores the genetic and neural underpinnings of disorders such as autism, schizophrenia, and epilepsy, and how our understanding of these conditions is being revolutionized. In addition, the book examines the social and ethical implications of these ideas and of new technologies that may soon offer the means to predict or manipulate human traits. Compelling and original, Innate will change the way you think about why and how we are who we are.--Provided by the publisher.

social why our brains are wired to connect pdf: Don't Even Think About It George Marshall, 2015-08-18 The director of the Climate Outreach and Information Network explores the psychological mechanism that enables people to ignore the dangers of climate change, using sidebars, cartoons and engaging stories from his years of research to reveal how humans are wired to primarily respond to visible threats.

social why our brains are wired to connect pdf: What Should We Do with Our Brain? Catherine Malabou, 2009-08-25 Recent neuroscience, in replacing the old model of the brain as a single centralized source of control, has emphasized plasticity,the quality by which our brains develop and change throughout the course of our lives. Our brains exist as historical products, developing in interaction with themselves and with their surroundings.Hence there is a thin line between the organization of the nervous system and the political and social organization that both conditions and is conditioned by human experience. Looking carefully at contemporary neuroscience, it is hard not to notice that the new way of talking about the brain mirrors the management discourse of the neo-liberal capitalist world in which we now live, with its talk of decentralization, networks, and flexibility. Consciously or unconsciously, science cannot but echo the world in which it takes place.In the neo-liberal world, plasticitycan be equated with flexibility-a term that has become a buzzword in economics and management theory. The plastic brain would thus represent just another style of power, which, although less centralized, is still a means of control. In this book, Catherine Malabou develops a second, more radical meaning for plasticity. Not only does plasticity allow our brains to adapt to existing circumstances, it opens a margin of freedom to intervene, to change those very circumstances. Such an understanding opens up a newly transformative aspect of the neurosciences.In insisting on this proximity between the neurosciences and the social sciences, Malabou applies to the brain Marx's well-known phrase about history: people make their own brains, but they do not know it. This book is a summons to such knowledge.

social why our brains are wired to connect pdf: The Symbolic Species: The Co-evolution of Language and the Brain Terrence W. Deacon, 1998-04-17 A work of enormous breadth, likely to pleasantly surprise both general readers and experts.—New York Times Book Review This revolutionary book provides fresh answers to long-standing questions of human origins and consciousness. Drawing on his breakthrough research in comparative neuroscience, Terrence Deacon offers a wealth of insights into the significance of symbolic thinking: from the co-evolutionary exchange between language and brains over two million years of hominid evolution to the ethical repercussions that followed man's newfound access to other people's thoughts and emotions. Informing these insights is a new understanding of how Darwinian processes underlie the brain's development and function as well as its evolution. In contrast to much contemporary neuroscience that treats the brain as no more or less than a computer, Deacon provides a new clarity of vision into the mechanism of mind. It injects a renewed sense of adventure into the experience of being human.

social why our brains are wired to connect pdf: *This is Your Brain on Music* Daniel Levitin, 2019-07-04 From the author of The Changing Mind and The Organized Mind comes a New York Times bestseller that unravels the mystery of our perennial love affair with music ***** 'What do the music of Bach, Depeche Mode and John Cage fundamentally have in common?' Music is an obsession at the heart of human nature, even more fundamental to our species than language. From Mozart to the Beatles, neuroscientist, psychologist and internationally-bestselling author Daniel Levitin reveals the role of music in human evolution, shows how our musical preferences begin to form even before we are born and explains why music can offer such an emotional experience. In This Is Your Brain

On Music Levitin offers nothing less than a new way to understand music, and what it can teach us about ourselves. ***** 'Music seems to have an almost wilful, evasive quality, defying simple explanation, so that the more we find out, the more there is to know . . . Daniel Levitin's book is an eloquent and poetic exploration of this paradox' Sting 'You'll never hear music in the same way again' Classic FM magazine 'Music, Levitin argues, is not a decadent modern diversion but something of fundamental importance to the history of human development' Literary Review

social why our brains are wired to connect pdf: Wired to Connect Amy Banks, Leigh Ann Hirschman, 2016-02-02 Originally published in 2015 under the title: Four ways to click: rewire your brain for stronger, more rewarding relationships.

social why our brains are wired to connect pdf: *The Brain* David Eagleman, 2015-10-06 From the renowned neuroscientist and New York Times bestselling author of Incognito comes the companion volume to the international PBS series about how your life shapes your brain, and how your brain shapes your life. An ideal introduction to how biology generates the mind.... Clear, engaging and thought-provoking. —Nature Locked in the silence and darkness of your skull, your brain fashions the rich narratives of your reality and your identity. Join renowned neuroscientist David Eagleman for a journey into the questions at the mysterious heart of our existence. What is reality? Who are “you”? How do you make decisions? Why does your brain need other people? How is technology poised to change what it means to be human? In the course of his investigations, Eagleman guides us through the world of extreme sports, criminal justice, facial expressions, genocide, brain surgery, gut feelings, robotics, and the search for immortality. Strap in for a whistle-stop tour into the inner cosmos. In the infinitely dense tangle of billions of brain cells and their trillions of connections, something emerges that you might not have expected to see in there: you. Color illustrations throughout.

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social why our brains are wired to connect pdf: Positive Neuroscience Joshua D. Greene, India Morrison, Martin E. P. Seligman, 2016-05-10 How do we thrive in our behaviors and experiences? Positive neuroscience research illuminates the brain mechanisms that enable human flourishing. Supported by the John Templeton Foundation's Positive Neuroscience Project, which Martin E. P. Seligman established in 2008, Positive Neuroscience provides an intersection between neuroscience and positive psychology. In this edited volume, leading researchers describe the neuroscience of social bonding, altruism, and the capacities for resilience and creativity. Part I (Social Bonds) describes the mechanisms that enable humans to connect with one another. Part II (Altruism) focuses on the neural mechanisms underlying the human ability and willingness to confer costly benefits on others. Part III (Resilience and Creativity) examines the mechanisms by which human brains overcome adversity, create, and discover. Specific topics include: a newly discovered nerve type that appears to be specialized for emotional communication; the effects of parenting on the male brain; how human altruism differs from that of other primates; the neural features of extraordinary altruists who have donated kidneys to strangers; and distinctive patterns of brain wiring that endow some people with exceptional musical abilities. Accessible to a broad academic audience, from advanced undergraduates to senior scholars, these subjects have generated a fascinating and highly convergent set of ideas and results, shaping our understanding of human nature.

social why our brains are wired to connect pdf: Positive Psychology as Social Change Robert Biswas-Diener, 2011-02-01 In recent times there has been growing interest in positive psychology as evidenced by the swell in positive psychology graduate programs, undergraduate courses, journals related to the topic, popular book titles on the topic and scholarly publications. Within the positive psychology community there has been an increased emphasis on the socially beneficial side of positive psychological science. At the First World Congress of the International Positive Psychology Association there was a major push to look at positive psychology as a social change mechanism. This volume will bring together thoughts of leaders in positive psychology from

8 countries to capitalize on the push toward social change and flourishing. By releasing this title at a critical time Springer has the opportunity to help frame the agenda for positive psychology as a force for social change. This seminal work is meant for anyone interested in happiness, strengths, flourishing or positive institutions It introduces Positive Psychology as an unapplied science that can be used to create positive social transformation and enabling institutions. This is a must-have title for academics, especially psychologists, sociologists, economists, and professionals working in the field of Positive Psychology and Well-Being.

social why our brains are wired to connect pdf: *How People Learn* National Research Council, Division of Behavioral and Social Sciences and Education, Board on Behavioral, Cognitive, and Sensory Sciences, Committee on Developments in the Science of Learning with additional material from the Committee on Learning Research and Educational Practice, 2000-08-11 First released in the Spring of 1999, How People Learn has been expanded to show how the theories and insights from the original book can translate into actions and practice, now making a real connection between classroom activities and learning behavior. This edition includes far-reaching suggestions for research that could increase the impact that classroom teaching has on actual learning. Like the original edition, this book offers exciting new research about the mind and the brain that provides answers to a number of compelling questions. When do infants begin to learn? How do experts learn and how is this different from non-experts? What can teachers and schools do-with curricula, classroom settings, and teaching methodsâ€to help children learn most effectively? New evidence from many branches of science has significantly added to our understanding of what it means to know, from the neural processes that occur during learning to the influence of culture on what people see and absorb. How People Learn examines these findings and their implications for what we teach, how we teach it, and how we assess what our children learn. The book uses exemplary teaching to illustrate how approaches based on what we now know result in in-depth learning. This new knowledge calls into question concepts and practices firmly entrenched in our current education system. Topics include: How learning actually changes the physical structure of the brain. How existing knowledge affects what people notice and how they learn. What the thought processes of experts tell us about how to teach. The amazing learning potential of infants. The relationship of classroom learning and everyday settings of community and workplace. Learning needs and opportunities for teachers. A realistic look at the role of technology in education.

social why our brains are wired to connect pdf: *Rhythms of the Brain* G. Buzsáki, 2011 Studies of mechanisms in the brain that allow complicated things to happen in a coordinated fashion have produced some of the most spectacular discoveries in neuroscience. This book provides eloquent support for the idea that spontaneous neuron activity, far from being mere noise, is actually the source of our cognitive abilities. It takes a fresh look at the coevolution of structure and function in the mammalian brain, illustrating how self-emerged oscillatory timing is the brain's fundamental organizer of neuronal information. The small-world-like connectivity of the cerebral cortex allows for global computation on multiple spatial and temporal scales. The perpetual interactions among the multiple network oscillators keep cortical systems in a highly sensitive metastable state and provide energy-efficient synchronizing mechanisms via weak links. In a sequence of cycles, György Buzsáki guides the reader from the physics of oscillations through neuronal assembly organization to complex cognitive processing and memory storage. His clear, fluid writing-accessible to any reader with some scientific knowledge-is supplemented by extensive footnotes and references that make it just as gratifying and instructive a read for the specialist. The coherent view of a single author who has been at the forefront of research in this exciting field, this volume is essential reading for anyone interested in our rapidly evolving understanding of the brain.

social why our brains are wired to connect pdf: Discovering the Brain National Academy of Sciences, Institute of Medicine, Sandra Ackerman, 1992-01-01 The brain ... There is no other part of the human anatomy that is so intriguing. How does it develop and function and why does it sometimes, tragically, degenerate? The answers are complex. In Discovering the Brain, science writer Sandra Ackerman cuts through the complexity to bring this vital topic to the public. The

1990s were declared the Decade of the Brain by former President Bush, and the neuroscience community responded with a host of new investigations and conferences. Discovering the Brain is based on the Institute of Medicine conference, Decade of the Brain: Frontiers in Neuroscience and Brain Research. Discovering the Brain is a field guide to the brainâ€an easy-to-read discussion of the brain's physical structure and where functions such as language and music appreciation lie. Ackerman examines: How electrical and chemical signals are conveyed in the brain. The mechanisms by which we see, hear, think, and pay attentionâ€and how a gut feeling actually originates in the brain. Learning and memory retention, including parallels to computer memory and what they might tell us about our own mental capacity. Development of the brain throughout the life span, with a look at the aging brain. Ackerman provides an enlightening chapter on the connection between the brain's physical condition and various mental disorders and notes what progress can realistically be made toward the prevention and treatment of stroke and other ailments. Finally, she explores the potential for major advances during the Decade of the Brain, with a look at medical imaging techniquesâ€what various technologies can and cannot tell usâ€and how the public and private sectors can contribute to continued advances in neuroscience. This highly readable volume will provide the public and policymakersâ€and many scientists as wellâ€with a helpful guide to understanding the many discoveries that are sure to be announced throughout the Decade of the Brain.

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social why our brains are wired to connect pdf: Performance and Cognition Bruce McConachie, F. Elizabeth Hart, 2006-10-16 This anthology is the first of its kind. In addition to opening up fresh perspectives on theatre studies – with applications for dramatic criticism, performance analysis, acting practice, audience response, theatre history, and other important areas – the book sets the agenda for future work, helping to map the emergence of this new approach. Following a comprehensive introduction, the contributors examine: the interfaces between cognitive studies and Lacanian psychoanalysis, phenomenology and communication theory different ideas from cognitive studies that open up the meanings of several plays the process of acting and the work of Antonio Damasio theatrical response: the dynamics of perception, and the riots that greeted the 1907 production of The Playboy of the Western World. This original and authoritative work will be attractive to scholars and graduate students of drama, theatre, and performance.

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instruction To close the achievement gap, diverse classrooms need a proven framework for optimizing student engagement. Culturally responsive instruction has shown promise, but many teachers have struggled with its implementation—until now. In this book, Zaretta Hammond draws on cutting-edge neuroscience research to offer an innovative approach for designing and implementing brain-compatible culturally responsive instruction. The book includes: Information on how one's culture programs the brain to process data and affects learning relationships Ten "key moves" to build students' learner operating systems and prepare them to become independent learners Prompts for action and valuable self-reflection

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social why our brains are wired to connect pdf: *Social-Emotional Learning and the Brain* Marilee Sprenger, 2020-09-22 ASCD Bestseller! Today's teachers face a daunting challenge: how to ensure a positive school experience for their students, many of whom carry the burden of adverse childhood experiences, such as abuse, poverty, divorce, abandonment, and numerous other serious social issues. Spurred by her personal experience and extensive exploration of brain-based learning, author Marilee Sprenger explains how brain science—what we know about how the brain works—can be applied to social-emotional learning. Specifically, she addresses how to - Build strong, caring relationships with students to give them a sense of belonging. - Teach and model empathy, so students feel understood and can better understand others. - Awaken students' self-awareness, including the ability to name their own emotions, have accurate self-perceptions, and display self-confidence and self-efficacy. - Help students manage their behavior through impulse control, stress management, and other positive skills. - Improve students' social awareness and interaction with others. - Teach students how to handle relationships, including with people whose backgrounds differ from their own. - Guide students in making responsible decisions. Offering clear, easy-to-understand explanations of brain activity and dozens of specific strategies for all grade levels, Social-Emotional Learning and the Brain is an essential guide to creating supportive classroom environments and improving outcomes for all our students.

social why our brains are wired to connect pdf: The Whole-Brain Child Daniel J. Siegel, Tina Payne Bryson, 2011-10-04 NEW YORK TIMES BESTSELLER • More than 1 million copies in print! • The authors of No-Drama Discipline and The Yes Brain explain the new science of how a child's brain is wired and how it matures in this pioneering, practical book. "Simple, smart, and effective solutions to your child's struggles."—Harvey Karp, M.D. In this pioneering, practical book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. The authors explain—and make accessible—the new science of how a child's brain is wired and how it matures. The "upstairs brain," which makes decisions and balances emotions, is under construction until the mid-twenties. And especially in young children, the right brain and its emotions tend to rule over the logic of the left brain. No wonder kids throw tantrums, fight, or sulk in silence. By applying these discoveries to everyday parenting, you can turn any outburst, argument, or fear into a chance to integrate your child's brain and foster vital growth. Complete with age-appropriate strategies for dealing with day-to-day struggles and illustrations that will help you explain these concepts to your child, The Whole-Brain Child shows you how to cultivate healthy emotional and intellectual development so that your children can lead balanced, meaningful, and connected lives. "[A] useful child-rearing resource for the entire family . . . The authors include a fair amount of brain science, but they present it for both adult and child audiences."—Kirkus Reviews "Strategies for getting a youngster to chill out [with] compassion."—The Washington Post "This erudite, tender, and funny book is filled with fresh ideas based on the latest neuroscience research. I urge all parents who want kind, happy, and emotionally healthy kids to read The Whole-Brain Child. This is my new baby gift."—Mary Pipher, Ph.D., author of Reviving Ophelia and The Shelter of Each Other "Gives parents and teachers ideas to get all parts of a healthy child's brain working together."—Parent to Parent

social why our brains are wired to connect pdf: Social Intelligence Daniel Goleman, 2006-09-26 Emotional Intelligence was an international phenomenon, appearing on the New York Times bestseller list for over a year and selling more than five million copies worldwide. Now, once again, Daniel Goleman has written a groundbreaking synthesis of the latest findings in biology and brain science, revealing that we are "wired to connect" and the surprisingly deep impact of our relationships on every aspect of our lives. Far more than we are consciously aware, our daily encounters with parents, spouses, bosses, and even strangers shape our brains and affect cells throughout our bodies—down to the level of our genes—for good or ill. In Social Intelligence, Daniel Goleman explores an emerging new science with startling implications for our interpersonal world. Its most fundamental discovery: we are designed for sociability, constantly engaged in a "neural ballet" that connects us brain to brain with those around us. Our reactions to others, and theirs to us, have a far-reaching biological impact, sending out cascades of hormones that regulate everything from our hearts to our immune systems, making good relationships act like vitamins—and bad relationships like poisons. We can "catch" other people's emotions the way we catch a cold, and the consequences of isolation or relentless social stress can be life-shortening. Goleman explains the surprising accuracy of first impressions, the basis of charisma and emotional power, the complexity of sexual attraction, and how we detect lies. He describes the "dark side" of social intelligence, from narcissism to Machiavellianism and psychopathy. He also reveals our astonishing capacity for "mindsight," as well as the tragedy of those, like autistic children, whose mindsight is impaired. Is there a way to raise our children to be happy? What is the basis of a nourishing marriage? How can business leaders and teachers inspire the best in those they lead and teach? How can groups divided by prejudice and hatred come to live together in peace? The answers to these questions may not be as elusive as we once thought. And Goleman delivers his most heartening news with powerful conviction: we humans have a built-in bias toward empathy, cooperation, and altruism–provided we develop the social intelligence to nurture these capacities in ourselves and others.

social why our brains are wired to connect pdf: Wired for Love Stan Tatkin, 2024-06-01 Invaluable for so many partners looking to reconnect and grow closer together. —Gwyneth Paltrow,

founder and CEO of goop Stan Tatkin can be entirely followed into the towering infernos of our most painful relationship challenges. —Alanis Morissette, artist, activist, and wholeness advocate The complete “insider’s guide” to understanding your partner’s brain, sparking lasting connection, and enjoying a romantic relationship built on love and trust—now with more than 170,000 copies sold. “What the heck is my partner thinking?” “Why do they always react like this?” “How can we get back that connection we had in the beginning?” If you’ve ever asked yourself these questions, you aren’t alone, and it doesn’t mean that your relationship is doomed. Every person is wired for love differently—with different habits, needs, and reactions to conflict. The good news is that most people’s minds work in predictable ways and respond well to security, attachment, and routines, making it possible to neurologically prime the brain for greater love and connection and fewer conflicts. This go-to guide will show you how. Drawn from neuroscience, attachment theory, and emotion regulation, this highly anticipated second edition of Wired for Love presents cutting-edge research on how and why love lasts, and offers ten guiding principles that can improve any relationship. This fully revised and updated edition also includes new guidance on how to manage disagreements, as well as new exercises to help you create a sense of safety and security, establish healthy conflict ground rules, and deal with the threat of the third—any outside source which threatens the harmony in your relationship, including in-laws, alcohol, children, and affairs. You’ll find proven-effective strategies to help you strengthen your relationship by: Creating and maintaining a safe “couple bubble” Using morning and evening routines to stay connected Learning how to see your partner’s point of view Meeting each other halfway in a fight Becoming the expert on what makes your partner feel loved By using simple gestures and words, you’ll learn to put out emotional fires and help your partner feel appreciated and loved. You’ll also discover how to move past a “warring brain” mentality and toward a more cooperative “loving brain.” Most importantly, you’ll gain a better understanding of the complex dynamics at work behind love and trust in intimate relationships. While there’s no doubt that love is an inexact science, if you understand how you and your partner are wired differently, you can overcome your differences, and create a lasting intimate connection.

social why our brains are wired to connect pdf: Language, Music, and the Brain Michael A. Arbib, 2013-06-28 A presentation of music and language within an integrative, embodied perspective of brain mechanisms for action, emotion, and social coordination. This book explores the relationships between language, music, and the brain by pursuing four key themes and the crosstalk among them: song and dance as a bridge between music and language; multiple levels of structure from brain to behavior to culture; the semantics of internal and external worlds and the role of emotion; and the evolution and development of language. The book offers specially commissioned expositions of current research accessible both to experts across disciplines and to non-experts. These chapters provide the background for reports by groups of specialists that chart current controversies and future directions of research on each theme. The book looks beyond mere auditory experience, probing the embodiment that links speech to gesture and music to dance. The study of the brains of monkeys and songbirds illuminates hypotheses on the evolution of brain mechanisms that support music and language, while the study of infants calibrates the developmental timetable of their capacities. The result is a unique book that will interest any reader seeking to learn more about language or music and will appeal especially to readers intrigued by the relationships of language and music with each other and with the brain. Contributors Francisco Aboitiz, Michael A. Arbib, Annabel J. Cohen, Ian Cross, Peter Ford Dominey, W. Tecumseh Fitch, Leonardo Fogassi, Jonathan Fritz, Thomas Fritz, Peter Hagoort, John Halle, Henkjan Honing, Atsushi Iriki, Petr Janata, Erich Jarvis, Stefan Koelsch, Gina Kuperberg, D. Robert Ladd, Fred Lerdahl, Stephen C. Levinson, Jerome Lewis, Katja Liebal, Jônatas Manzolli, Bjorn Merker, Lawrence M. Parsons, Aniruddh D. Patel, Isabelle Peretz, David Poeppel, Josef P. Rauschecker, Nikki Rickard, Klaus Scherer, Gottfried Schlaug, Uwe Seifert, Mark Steedman, Dietrich Stout, Francesca Stregapede, Sharon Thompson-Schill, Laurel Trainor, Sandra E. Trehub, Paul Verschure

social why our brains are wired to connect pdf: Mind Change Susan Greenfield, 2015-02-10

We live in a world unimaginable only decades ago: a domain of backlit screens, instant information, and vibrant experiences that can outcompete dreary reality. Our brave new technologies offer incredible opportunities for work and play. But at what price? Now renowned neuroscientist Susan Greenfield—known in the United Kingdom for challenging entrenched conventional views—brings together a range of scientific studies, news events, and cultural criticism to create an incisive snapshot of "the global now." Disputing the assumption that our technologies are harmless tools, Greenfield explores whether incessant exposure to social media sites, search engines, and videogames is capable of rewiring our brains, and whether the minds of people born before and after the advent of the Internet differ. Stressing the impact on Digital Natives—those who've never known a world without the Internet—Greenfield exposes how neuronal networking may be affected by unprecedented bombardments of audiovisual stimuli, how gaming can shape a chemical landscape in the brain similar to that in gambling addicts, how surfing the Net risks placing a premium on information rather than on deep knowledge and understanding, and how excessive use of social networking sites limits the maturation of empathy and identity. But Mind Change also delves into the potential benefits of our digital lifestyle. Sifting through the cocktail of not only threat but opportunity these technologies afford, Greenfield explores how gaming enhances vision and motor control, how touch tablets aid students with developmental disabilities, and how political "clicktivism" foments positive change. In a world where adults spend ten hours a day online, and where tablets are the common means by which children learn and play, Mind Change reveals as never before the complex physiological, social, and cultural ramifications of living in the digital age. A book that will be to the Internet what An Inconvenient Truth was to global warming, Mind Change is provocative, alarming, and a call to action to ensure a future in which technology fosters—not frustrates—deep thinking, creativity, and true fulfillment. Praise for Mind Change "Greenfield's application of the mismatch between human and machine to the brain introduces an important variation on this pervasive view of technology. . . . She has a rare talent for explaining science in accessible prose."—The Washington Post "Greenfield's focus is on bringing to light the implications of Internet-induced 'mind change'—as comparably multifaceted as the issue of climate change, she argues, and just as important."—Chicago Tribune "Mind Change is exceedingly well organized and hits the right balance between academic and provocative."—Booklist "[A] challenging, stimulating perspective from an informed neuroscientist on a complex, fast-moving, hugely consequential field."—Kirkus Reviews "[Greenfield] is not just an engaging communicator but a thoughtful, responsible scientist, and the arguments she makes are well-supported and persuasive."—Mail on Sunday "Greenfield's admirable goal to prove an empirical basis for discussion is . . . an important one."—Financial Times "An important presentation of an uncomfortable minority position."—Jaron Lanier, Nature

social why our brains are wired to connect pdf: The Language Instinct Steven Pinker, 2010-12-14 A brilliant, witty, and altogether satisfying book. — New York Times Book Review The classic work on the development of human language by the world's leading expert on language and the mind In The Language Instinct, the world's expert on language and mind lucidly explains everything you always wanted to know about language: how it works, how children learn it, how it changes, how the brain computes it, and how it evolved. With deft use of examples of humor and wordplay, Steven Pinker weaves our vast knowledge of language into a compelling story: language is a human instinct, wired into our brains by evolution. The Language Instinct received the William James Book Prize from the American Psychological Association and the Public Interest Award from the Linguistics Society of America. This edition includes an update on advances in the science of language since The Language Instinct was first published.

social why our brains are wired to connect pdf: *Switch On Your Brain* Dr. Caroline Leaf, 2013-09-01 Over 900,000 copies sold! According to researchers, the vast majority--a whopping 75-98 percent--of the illnesses that plague us today are a direct result of our thought life. What we think about truly affects us both physically and emotionally. In fact, fear alone triggers more than 1,400 known physical and chemical responses in our bodies, activating more than thirty different

hormones! Today our culture is undergoing an epidemic of toxic thoughts that, left unchecked, create ideal conditions for illnesses. Supported by current scientific and medical research, Dr. Caroline Leaf gives readers a prescription for better health and wholeness through correct thinking patterns, declaring that we are not victims of our biology. She shares with readers the switch in our brains that enables us to live happier, healthier, more enjoyable lives where we achieve our goals, maintain our weight, and even become more intelligent. She shows us how to choose life, get our minds under control, and reap the benefits of a detoxed thought life.

social why our brains are wired to connect pdf: Descartes' Error Antonio Damasio, 2005-09-27 Since Descartes famously proclaimed, I think, therefore I am, science has often overlooked emotions as the source of a person's true being. Even modern neuroscience has tended, until recently, to concentrate on the cognitive aspects of brain function, disregarding emotions. This attitude began to change with the publication of Descartes' Error in 1995. Antonio Damasio—one of the world's leading neurologists (The New York Times)—challenged traditional ideas about the connection between emotions and rationality. In this wondrously engaging book, Damasio takes the reader on a journey of scientific discovery through a series of case studies, demonstrating what many of us have long suspected: emotions are not a luxury, they are essential to rational thinking and to normal social behavior.

social why our brains are wired to connect pdf: The ReWired Brain Dr. Ski Chilton, Dr. Margaret Rukstalis, A. J. Gregory, 2016-08-02 Trade Negative Thinking for Confident, Fearless Living Most of us don't realize that we have a surprising amount of control over our own thoughts and behaviors and can unintentionally influence our brains negatively, causing cycles of bad choices and experiences. The ReWired Brain offers a clear framework for understanding our brains and the decisions we make, showing how certain fears and instincts drive unhealthy emotional dysfunctions and related behavioral patterns in the most important areas of life. This book shows how to reframe negative experiences, experience emotional and spiritual healing, and ultimately rewire our brains, empowering to live fearlessly.

social why our brains are wired to connect pdf: The Village Effect Susan Pinker, 2014-08-26 In her surprising, entertaining, and persuasive new book, award-winning author and psychologist Susan Pinker shows how face-to-face contact is crucial for learning, happiness, resilience, and longevity. From birth to death, human beings are hardwired to connect to other human beings. Face-to-face contact matters: tight bonds of friendship and love heal us, help children learn, extend our lives, and make us happy. Looser in-person bonds matter, too, combining with our close relationships to form a personal "village" around us, one that exerts unique effects. Not just any social networks will do: we need the real, in-the-flesh encounters that tie human families, groups of friends, and communities together. Marrying the findings of the new field of social neuroscience with gripping human stories, Susan Pinker explores the impact of face-to-face contact from cradle to grave, from city to Sardinian mountain village, from classroom to workplace, from love to marriage to divorce. Her results are enlightening and enlivening, and they challenge many of our assumptions. Most of us have left the literal village behind and don't want to give up our new technologies to go back there. But, as Pinker writes so compellingly, we need close social bonds and uninterrupted face-time with our friends and families in order to thrive—even to survive. Creating our own "village effect" makes us happier. It can also save our lives. Praise for The Village Effect "The benefits of the digital age have been oversold. Or to put it another way: there is plenty of life left in face-to-face, human interaction. That is the message emerging from this entertaining book by Susan Pinker, a Canadian psychologist. Citing a wealth of research and reinforced with her own arguments, Pinker suggests we should make an effort—at work and in our private lives—to promote greater levels of personal intimacy."—Financial Times "Drawing on scores of psychological and sociological studies, [Pinker] suggests that living as our ancestors did, steeped in face-to-face contact and physical proximity, is the key to health, while loneliness is 'less an exalted existential state than a public health risk.' That her point is fairly obvious doesn't diminish its importance; smart readers will take the book out to a park to enjoy in the company of others."—The Boston Globe

“A hopeful, warm guide to living more intimately in an disconnected era.”—Publishers Weekly “A terrific book . . . Pinker makes a hardheaded case for a softhearted virtue. Read this book. Then talk about it—in person!—with a friend.”—Daniel H. Pink, New York Times bestselling author of Drive and To Sell Is Human “What do Sardinian men, Trader Joe’s employees, and nuns have in common? Real social networks—though not the kind you’ll find on Facebook or Twitter. Susan Pinker’s delightful book shows why face-to-face interaction at home, school, and work makes us healthier, smarter, and more successful.”—Charles Duhigg, New York Times bestselling author of The Power of Habit: Why We Do What We Do in Life and Business “Provocative and engaging . . . Pinker is a great storyteller and a thoughtful scholar. This is an important book, one that will shape how we think about the increasingly virtual world we all live in.”—Paul Bloom, author of Just Babies: The Origins of Good and Evil From the Hardcover edition.

social why our brains are wired to connect pdf: The Female Brain Louann Brizendine, MD, 2007-08-07 Since Dr. Brizendine wrote The Female Brain ten years ago, the response has been overwhelming. This New York Times bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy starring Whitney Cummings and Sofia Vergara. And its profound scientific understanding of the nature and experience of the female brain continues to guide women as they pass through life stages, to help men better understand the girls and women in their lives, and to illuminate the delicate emotional machinery of a love relationship. Why are women more verbal than men? Why do women remember details of fights that men can’t remember at all? Why do women tend to form deeper bonds with their female friends than men do with their male counterparts? These and other questions have stumped both sexes throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and who they love. While doing research as a medical student at Yale and then as a resident and faculty member at Harvard, Louann Brizendine discovered that almost all of the clinical data in existence on neurology, psychology, and neurobiology focused exclusively on males. In response to the overwhelming need for information on the female mind, Brizendine established the first clinic in the country to study and treat women’s brain function. In The Female Brain, Dr. Brizendine distills all her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior. The result: women will come away from this book knowing that they have a lean, mean, communicating machine. Men will develop a serious case of brain envy.

social why our brains are wired to connect pdf: Consciousness and the Brain Stanislas Dehaene, 2014-01-30 WINNER OF THE 2014 BRAIN PRIZE From the acclaimed author of Reading in the Brain and How We Learn, a breathtaking look at the new science that can track consciousness deep in the brain How does our brain generate a conscious thought? And why does so much of our knowledge remain unconscious? Thanks to clever psychological and brain-imaging experiments, scientists are closer to cracking this mystery than ever before. In this lively book, Stanislas Dehaene describes the pioneering work his lab and the labs of other cognitive neuroscientists worldwide have accomplished in defining, testing, and explaining the brain events behind a conscious state. We can now pin down the neurons that fire when a person reports becoming aware of a piece of information and understand the crucial role unconscious computations play in how we make decisions. The emerging theory enables a test of consciousness in animals, babies, and those with severe brain injuries. A joyous exploration of the mind and its thrilling complexities, Consciousness and the Brain will excite anyone interested in cutting-edge science and technology and the vast philosophical, personal, and ethical implications of finally quantifying consciousness.

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social why our brains are wired to connect pdf: What Makes Your Brain Happy and Why

You Should Do the Opposite David Disalvo, 2011-11-15 This book reveals a remarkable paradox: what your brain wants is frequently not what your brain needs. In fact, much of what makes our brains happy leads to errors, biases, and distortions, which make getting out of our own way extremely difficult. Author David DiSalvo presents evidence from evolutionary and social psychology, cognitive science, neurology, and even marketing and economics. And he interviews many of the top thinkers in psychology and neuroscience today. From this research-based platform, DiSalvo draws out insights that we can use to identify our brains' foibles and turn our awareness into edifying action. Ultimately, he argues, the research does not serve up ready-made answers, but provides us with actionable clues for overcoming the plight of our advanced brains and, consequently, living more fulfilled lives.

social why our brains are wired to connect pdf: From Neurons to Neighborhoods National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Integrating the Science of Early Childhood Development, 2000-11-13 How we raise young children is one of today's most highly personalized and sharply politicized issues, in part because each of us can claim some level of expertise. The debate has intensified as discoveries about our development-in the womb and in the first months and years-have reached the popular media. How can we use our burgeoning knowledge to assure the well-being of all young children, for their own sake as well as for the sake of our nation? Drawing from new findings, this book presents important conclusions about nature-versus-nurture, the impact of being born into a working family, the effect of politics on programs for children, the costs and benefits of intervention, and other issues. The committee issues a series of challenges to decision makers regarding the quality of child care, issues of racial and ethnic diversity, the integration of children's cognitive and emotional development, and more. Authoritative yet accessible, From Neurons to Neighborhoods presents the evidence about brain wiring and how kids learn to speak, think, and regulate their behavior. It examines the effect of the climate-family, child care, community-within which the child grows.

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