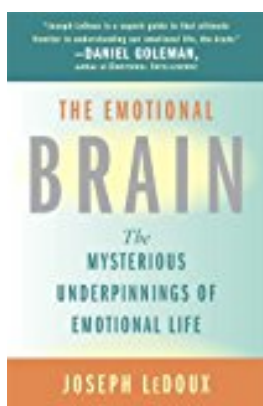


[PDF] The Emotional Brain: The Mysterious Underpinnings Of Emotional Life

Joseph Ledoux - pdf download free book



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Description:

Joseph LeDoux, a professor at the Center for Neural Science at New York University, has written the most comprehensive examination to date of how systems in the brain work in response to emotions, particularly fear. Among his fascinating findings is the work of amygdala structure within the brain. The amygdala mediates fear and other responses and actually processes information more quickly than other parts of the brain, allowing a rapid response that can save our lives before other parts of the brain have had a chance to react. He also offers findings and theories on how the brain handles--

and in many cases, buries--extremely traumatic experiences. In all, a compelling read about the mysteries of emotions and the workings of the brain. --This text refers to an out of print or unavailable edition of this title.

From Publishers Weekly Brain researcher LeDoux believes that emotions evolved from bodily and behavioral responses controlled by the brain as a means to help our remote ancestors survive a hostile environment. The emotional states we subjectively experience, in this theory, are the end result of information processing that occurs unconsciously as the brain decodes the significance of stimuli in order to shape appropriate behavior. In this intriguing report, LeDoux, a professor at New York University, draws heavily on his own research into the brain's "fear system," which suggests that unconscious fear-related memories imprinted on the brain can result in deep-rooted neurotic anxiety, phobias, panic attacks or obsessive-compulsive disorders. He also reviews studies indicating that multiple memory systems exist in the brain, including one for "emotional memories," which helps to explain the course of Alzheimer's disease as well as adults' inability to remember early childhood experiences. Research cited here suggests that behavior therapy may actually rewire the brain's pathways. LeDoux's lively, heavily annotated text is amplified by numerous photos and drawings. Newbridge Library of Science main selection.

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