



The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live--and How You Can Change Them

By Richard J. Davidson

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What is your emotional fingerprint?

Why are some people so quick to recover from setbacks? Why are some so attuned to others that they seem psychic? Why are some people always up and others always down? In his thirty-year quest to answer these questions, pioneering neuroscientist Richard J. Davidson discovered that each of us has an Emotional Style, composed of Resilience, Outlook, Social Intuition, Self-Awareness, Sensitivity to Context, and Attention. Where we fall on these six continuums determines our own “emotional fingerprint.”

Sharing Dr. Davidson’s fascinating case histories and experiments, *The Emotional Life of Your Brain* offers a new model for treating conditions like autism and depression as it empowers us all to better understand ourselves—and live more meaningful lives.

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Review

"Whether he is measuring neural activity in the laboratory or climbing the Himalayas to meet the Dalai Lama, Davidson is an inveterate explorer who has spent a lifetime probing the deep mystery of human feeling. Don't miss this smart and lively book by the world's foremost expert on emotion and the brain."—**Daniel Gilbert, Ph.D., author of *Stumbling on Happiness***

"*The Emotional Life of Your Brain* is an eye-opener, replete with breakthrough research that will change the way you see yourself and everyone you know. Richard Davidson and Sharon Begley make a star team: cutting-edge findings formulated in a delightful, can't-put-it-down read. I loved this book."—**Daniel Goleman, Ph.D., bestselling author of *Emotional Intelligence***

"What a gift from the world's leading neuroscientist who works on what makes life worth living. This is a must-read for everyone who is interested in positive psychology."—**Martin E. P. Seligman, Ph.D., author of *Learned Optimism***

About the Author

Richard J. Davidson is a professor and director of the W. M. Keck Laboratory for Functional Brain Imaging and Behavior and the Laboratory for Affective Neuroscience at the University of Wisconsin-Madison. He lives in Madison, Wisconsin.

Sharon Begley is the senior health and science correspondent at Reuters. She is the bestselling author of *Train Your Mind, Change Your Brain*.

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