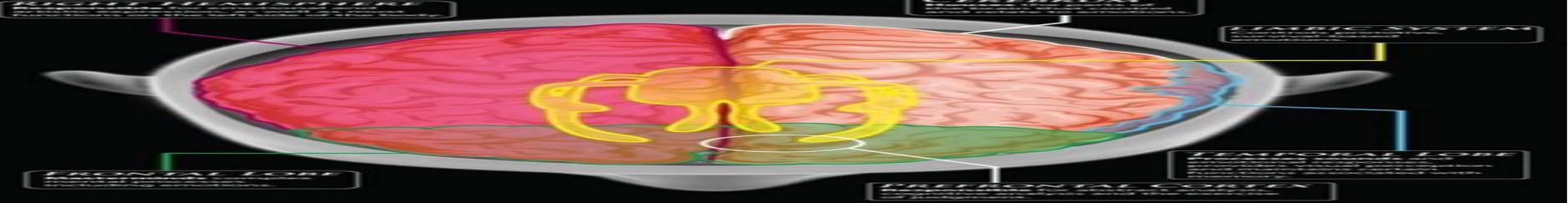


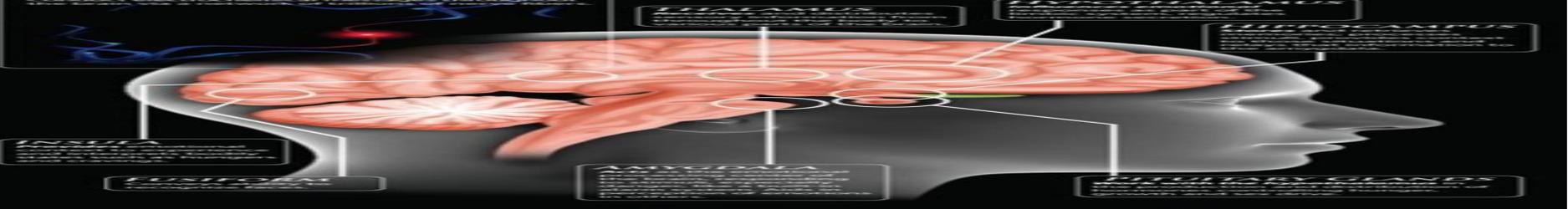
A USER'S GUIDE TO EMOTIONS

THE EMPLOYERS OF THE FUTURE WILL BE THOSE WHO CAN MANAGE THEIR OWN EMOTIONS AND THE EMOTIONS OF OTHERS. THESE MAPS PROVIDE AN OVERVIEW OF THE BRAIN AREAS INVOLVED IN PROCESSING EMOTIONS.

VIEW FROM ABOVE



CROSS SECTION OF THE BRAIN



EMOTIONAL DIMENSIONS

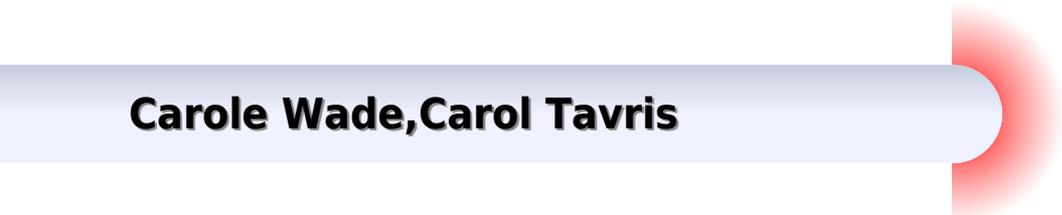
VIEW TO RETRAIN

SIX EMOTIONAL DIMENSIONS THAT SHAPE OUR LIVES ARE IDENTIFIED HERE, ALONG WITH THE BRAIN AREAS ASSOCIATED WITH EACH DIMENSION AND HOW TO RETRAIN THEM.

DEFINITION	ORIGINATES	HOW TO RETRAIN
<p>EMPATHY</p> <p>The ability to understand and share the feelings of another.</p>	<p>AMYGDALA</p> <p>The amygdala is a small, almond-shaped structure in the center of the brain that is involved in processing emotions.</p>	<p>EMPATHY</p> <p>Practice active listening and perspective-taking exercises.</p>
<p>SELF-AWARENESS</p> <p>The ability to recognize and understand one's own emotions and their effects on behavior.</p>	<p>INSULA</p> <p>The insula is a region on the side of the brain that is involved in processing emotions and sensory information.</p>	<p>SELF-AWARENESS</p> <p>Keep a journal of your emotions and behaviors to identify patterns.</p>
<p>SENSITIVITY</p> <p>The ability to be aware of and responsive to the needs and feelings of others.</p>	<p>POSTERIOR CINGULATE GYRUS</p> <p>The posterior cingulate gyrus is a region in the posterior part of the brain that is involved in processing emotions and social interactions.</p>	<p>SENSITIVITY</p> <p>Practice mindfulness and active listening to become more attuned to others.</p>
<p>SOCIAL INTERACTIONS</p> <p>The ability to interact and relate to others in a positive and meaningful way.</p>	<p>VENTRAL STRIATUM</p> <p>The ventral striatum is a region in the basal ganglia that is involved in processing emotions and social interactions.</p>	<p>SOCIAL INTERACTIONS</p> <p>Engage in social activities and practice positive communication skills.</p>
<p>ATTENTION</p> <p>The ability to focus on a specific task or object and filter out distractions.</p>	<p>AMYGDALA</p> <p>The amygdala is a small, almond-shaped structure in the center of the brain that is involved in processing emotions.</p>	<p>ATTENTION</p> <p>Practice mindfulness and focus exercises to improve your ability to concentrate.</p>

Users Guide To The Brain A

Carole Wade, Carol Tavis



Users Guide To The Brain A:

A User's Guide to the Brain John J. Ratey, M.D.,2002-01-08 John Ratey bestselling author and clinical professor of psychiatry at Harvard Medical School lucidly explains the human brain s workings and paves the way for a better understanding of how the brain affects who we are Ratey provides insight into the basic structure and chemistry of the brain and demonstrates how its systems shape our perceptions emotions and behavior By giving us a greater understanding of how the brain responds to the guidance of its user he provides us with knowledge that can enable us to improve our lives In A User s Guide to the Brain Ratey clearly and succinctly surveys what scientists now know about the brain and how we use it He looks at the brain as a malleable organ capable of improvement and change like any muscle and examines the way specific motor functions might be applied to overcome neural disorders ranging from everyday shyness to autism Drawing on examples from his practice and from everyday life Ratey illustrates that the most important lesson we can learn about our brains is how to use them to their maximum potential **The Brain** New Scientist New Scientist,2018 **The Brain** New Scientist New Scientist,2018-10-23 Join New Scientist on a mind expanding rollercoaster ride through intelligence creativity your unconscious and beyond Congratulations You re the proud owner of the most complex information processing device in the known universe The human brain comes equipped with all sorts of useful design features but also many bugs and weaknesses Problem is you don t get an owner s manual You have to just plug and play As a result most of us never properly understand how our brains work and what they re truly capable of We fail get the best out of them ignore some of their most useful features and struggle to overcome their design faults Until now that is Featuring witty essays enlightening infographics and fascinating try this at home experiments New Scientist take you on a journey through intelligence memory creativity the unconscious and beyond From the strange ways to distort what we think of as reality to the brain hacks that can improve memory The Brain A User s Guide will help you understand your brain and show you how to use it to its full potential **A User's Guide to the Brain** John J. Ratey, M.D.,2001-11-13 John Ratey bestselling author and clinical professor of psychiatry at Harvard Medical School lucidly explains the human brain s workings and paves the way for a better understanding of how the brain affects who we are Ratey provides insight into the basic structure and chemistry of the brain and demonstrates how its systems shape our perceptions emotions and behavior By giving us a greater understanding of how the brain responds to the guidance of its user he provides us with knowledge that can enable us to improve our lives In A User s Guide to the Brain Ratey clearly and succinctly surveys what scientists now know about the brain and how we use it He looks at the brain as a malleable organ capable of improvement and change like any muscle and examines the way specific motor functions might be applied to overcome neural disorders ranging from everyday shyness to autism Drawing on examples from his practice and from everyday life Ratey illustrates that the most important lesson we can learn about our brains is how to use them to their maximum potential **The Brain User's Guide** Tony Buzan,1983 [The User's Guide to](#)

the Human Mind Shawn Smith, 2011-12-01 Your mind is not built to make you happy it's built to help you survive So far it's done a great job But in the process it may have developed some bad habits like avoiding new experiences or scrounging around for problems where none exist Is it any wonder that worry bad moods and self-critical thoughts so often get in the way of enjoying life The User's Guide to the Human Mind is a road map to the puzzling inner workings of the human mind replete with exercises for overriding the mind's natural impulses toward worry self-criticism and fear and helpful tips for acting in the service of your values and emotional well-being even when your mind has other plans Find out how your mind tries to limit your behavior and your potential Discover how pessimism functions as your mind's error management system Learn why you shouldn't believe everything you think Overrule your thoughts and feelings and take charge of your mind and your life

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Your Brain: A User's Guide National Geographic, 2017-06-13 Both a practical owner's manual and a complete guide to the brain's development and function this valuable reference explores not only the brain's physical form its 100 billion nerve cells and

near infinite network of synapses but the interactions that regulate every thought and action Some highlights include The inner workings of our body s most complex organ Foods for mental fitness Mysteries revealed such as why listening to music tunes up your brain **User's Guide to Social Work Abstracts** ,1989 User's Guide/Human Biology Ieb Holt Rinehart & Winston,1998 **GIS County User Guide** William E. Huxhold,1997 This workbook written to complement the PC version of ARC INFO the popular Geographic Information Systems GIS software package is intended to give readers hands on experience in exploring a wide range of GIS applications The exercises are designed to give readers direct experience with geographic data building their own topological databases creating and using property and population data and learning firsthand how GIS process geographic information so that effective applications of the technology can be designed and used by local government officials The book includes a disk of completed exercises **Users Guide for NASA Lewis Research Center DC-9 Reduced-Gravity Aircraft Program** ,1996 Media User's Guide Carole Wade,Carol Tavis,2000

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