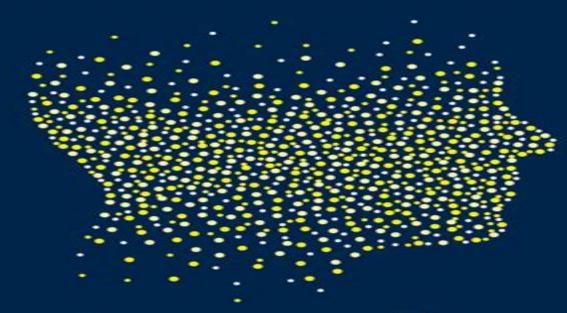
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behaviour the bestselling author of Behave shows that free will does not exist and challenges us to rethink the notions of choice identity responsibility justice morality and how we live together One of the best scientist writers of our time OLIVER SACKS A bravura performance well worth reading for the pleasure of Sapolsky's deeply informed company OLIVER BURKEMAN Observer Behind every thought action and experience there lies a chain of biological and environmental causes stretching back from the moment a neuron fires to the dawn of our species and beyond Nowhere in this infinite sequence is there a place where free will could play a role Without free will it makes no more sense to punish people for antisocial behaviour than it does to scold a car for breaking down It is no one s fault they are poor or overweight or unsuccessful nor do people deserve praise for their talent or hard work grit is a myth This mechanistic view of human behaviour challenges our most powerful instincts but history suggests that we have already made great strides toward it where once we saw demonic possession or cowardice for example now we diagnose illness or trauma and offer help Determined confronts us with our true nature who and what we are is biology and nothing more Disturbing and liberating in equal measure it explores the far reaching implications for society of accepting this reality Monumentally difficult as it may be the reward will be a far more just and humane world Wonderfully readable humorous and warm and humane Justin Webb Today BBC Radio 4 **Primate's Memoir** Robert M. Sapolsky, 2001 Riveting chronicle of a scientist's coming of age in remote Africa Α Primate's Memoir Robert M. Sapolsky, 2007-11-01 In the tradition of Jane Goodall and Dian Fossey Robert Sapolsky a foremost science writer and recipient of a MacArthur Genius Grant tells the mesmerizing story of his twenty one years in remote Kenya with a troop of savanna baboons I had never planned to become a savanna baboon when I grew up instead I had always assumed I would become a mountain gorilla writes Robert Sapolsky in this witty and riveting chronicle of a scientist's coming of age in Africa An exhilarating account of Sapolsky's twenty one year study of a troop of rambunctious baboons in Kenya A Primate's Memoir interweaves serious scientific observations with wry commentary about the challenges and pleasures of living in the wilds of the Serengeti for man and beast alike Over two decades Sapolsky survives culinary atrocities gunpoint encounters and a surreal kidnapping while witnessing the encroachment of the tourist mentality on Africa As he conducts unprecedented physiological research on wild primates he becomes enamored of his subjects unique and compelling characters in their own right and he returns to them summer after summer until tragedy finally prevents him By turns hilarious and poignant A Primate's Memoir is a magnum opus from one of our foremost science writers Whv **Zebras Don't Get Ulcers** Robert M. Sapolsky, 1994 witty style skillful integration of biology and psychology and research based recommendations for coping with stress make Why Zebras Don t Get Ulcers a unique and indispensable book for people worried about worrying themselves sick Summary of Robert M. Sapolsky's Behave by Swift Reads Swift Reads, 2019-03-08 Behave The Biology of Humans at Our Best and Worst 2017 explains the numerous biological cultural and evolutionary factors that shape human behavior Neurobiologist Robert M Sapolsky uses studies from various scientific

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The Emotional Life of Your Brain Richard J. Davidson,2012-03-01 This longawaited book by a pioneer in brain research offers a new model of our emotions their origins their power and their malleability For more than thirty years Richard Davidson has been at the forefront of brain research Now he gives us an entirely new model for understanding our emotions as well as practical strategies we can use to change them Davidson has discovered that personality is composed of

six basic emotional styles including resilience self awareness and attention Our emotional fingerprint results from where on the continuum of each style we fall He explains the brain chemistry that underlies each style in order to give us a new model of the emotional brain one that will even go so far as to affect the way we treat conditions like autism and depression And finally he provides strategies we can use to change our own brains and emotions if that is what we want to do Written with bestselling author Sharon Begley this original and exciting book gives us a new and useful way to look at ourselves develop a sense of well being and live more meaningful lives The Mystery of the Ultimatum Game Kayoko Kobayashi, 2025-03-03 This ambitious book is the first to present a theoretical framework for a unified analysis of both behavioral and traditional economics It explores the ultimate factors from an evolutionary perspective in addressing why humans are predictably irrational and proposes adaptive rationality a new direction for understanding human behavior Taking anomalies in ultimatum game experiments as a starting point this book presents findings from hundreds of experiments The interdisciplinary nature of the book which encompasses the latest research across an astonishingly wide range of fields including game theory psychology neuroscience cognitive science cultural anthropology biology and ethology provides boundless intellectual excitement While this is an academic book discussing human rationality it can also be seen as a popular science book that delves deeply into questions such as What underlies human decision making The book stands out for its unique approach making it an unparalleled reading experience The original Japanese edition won the Nikkei Prize for Economics Books the 64th Nikkei Keizai Tosho Bunka award in 2021 an accolade bestowed upon an outstanding economics book published in a given year Furthermore this edition also received the Takashima Kunio Jiyu Prize Encouragement Award in 2024 The Frecklefit Mindset Celine Leclair, 2020-09-29 Written with women in mind but applicable to a wide variety of readers The Frecklefit Mindset is an empowering book about being your best self and experiencing an abundant life full of health happiness and purpose Celine Leclair digs deep into her own experiences and shares what she has learned about being authentic and pursuing her passions Readers will discover that by consistently practising important mental skills they can rewire their thinking and find joy in all things Embark on a journey where you will discover self love potential and new life skills while utilizing everyday tools that will elevate your life Celine Leclair will inspire you to do anything you set your Healing Through the Vagus Nerve Amanda Armstrong, 2024-05-07 Thoroughly researched clearly explained and mind to beautifully illustrated this book provides powerful insights and actionable steps for regulating the nervous system Alex Korb Ph D Neuroscientist Personal Development Coach and Author of The Upward Spiral A somatic approach to treating trauma anxiety and depression has never been more popular Perhaps that s because recent studies show that 80% of mind body communication originates in the body the vagus nerve is the superhighway that facilitates this communication Healing Through the Vagus Nerve walks you through how the nervous system and the vagus nerve function with approachable non academic language and helpful illustrations Amanda Armstrong founder of Rise as We teaches all about vagal tone and the

impact it has on your mental health and everyday life Then a variety of exercises and practices provide an adaptable approach to improving nervous system function Breathing techniques including diaphragmatic breathing physiological sigh voo breath and the Valsalva technique Massage techniques for the ear neck and abdomen Visual techniques including lateral eye stretches eye pushups orienting eye cupping and gaze opening Physical techniques including cold exposure yoga and more Featuring relatable client stories key details of the author's own journey healing her nervous system and a selection of entry points to help engage with the process Healing Through the Vagus Nerve is a complete guide to improving your stress response through optimizing your vagus nerve and nervous system Learn how to work with your nervous system instead of Kindness Wars Noel A. Cazenave, 2023-09-15 Kindness Wars rescues our understanding of kindness from the against it clutches of an intellectually and morally myopic popular psychology and returns it to the stage of big ideas in keeping with the important Enlightenment era debates about human nature and possibilities Cazenave conceptualizes kindness not just as a benevolent feeling a caring thought or a generous action but as a worldview a theory or an ideology that explains who we are and justifies how we treat others Here kindness wars refer to the millennia old kindness theory and ideological conflicts over what kind of societies humans can and should have The book s title denotes the two types of kindness wars it analyzes conflict over 1 whether to be kind or not i e the conflicts between kindness and other societal values and ideologies and 2 what it means to be kind i e the wars within kindness over different ideas as to what it means to be kind and to whom Using a conflict theoretical perspective Kindness Wars examines the history of the kindness concept its many struggles with opposing notions of our true nature and possibilities and what the lessons of that history and those battles offer us toward the development of a large robust and politically engaged conceptualization of kindness **Aging and Human Longevity** Marie-Francoise Schulz-Aellen, 1996-12-01 The proportion of elderly people continues to increase in the western world nearly a guarter of the population will be over 65 years by the year 2050 Since aging is accompanied by an increase in diseases and by a deterioration in well being finding solutions to these social medical and psychological problems is necessarily a major goal for society Scientists and medical practitioners are therefore faced with the urgent task of increasing basic knowledge of the biological processes that cause aging More resources must be put into this research in order to achieve better understanding of the cellular mechanisms that underlie the differences in life span between species and to answer the difficult questions of why some individuals age more quickly than others and why some develop liver problems some have heart problems and others brain problems The results of such a wide program of research will provide important information about the causes of many life threatening and or debilitating diseases of old age it will help find ways to prevent some of the ailments that result from aging and it may well lead to discoveries enabling the prolongation of human life

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