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## Mindsight: The New Science of Personal Transformation

By Siegel, Daniel J.

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"Integrating ancient contemplative practice with contemporary neuroscience and psychotherapy, Dan Siegel removes the veil on the mysteries of the interface between mind, brain and relationships with novel and profound descriptions of how we become who we are, what makes things go wrong and how all of us can achieve optimal well being by using our capacity for attention to change the very structure and function of our brains. Weaving the narrative of his own life, his intellectual and clinical journey and the experiences of his clients through his explanation of deep clinical theory and sophisticated practice, he has written a book that reads like a mystery novel."--Harville Hendrix, Ph. D., author of Getting The Love You Want: A Guide for Couples "

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