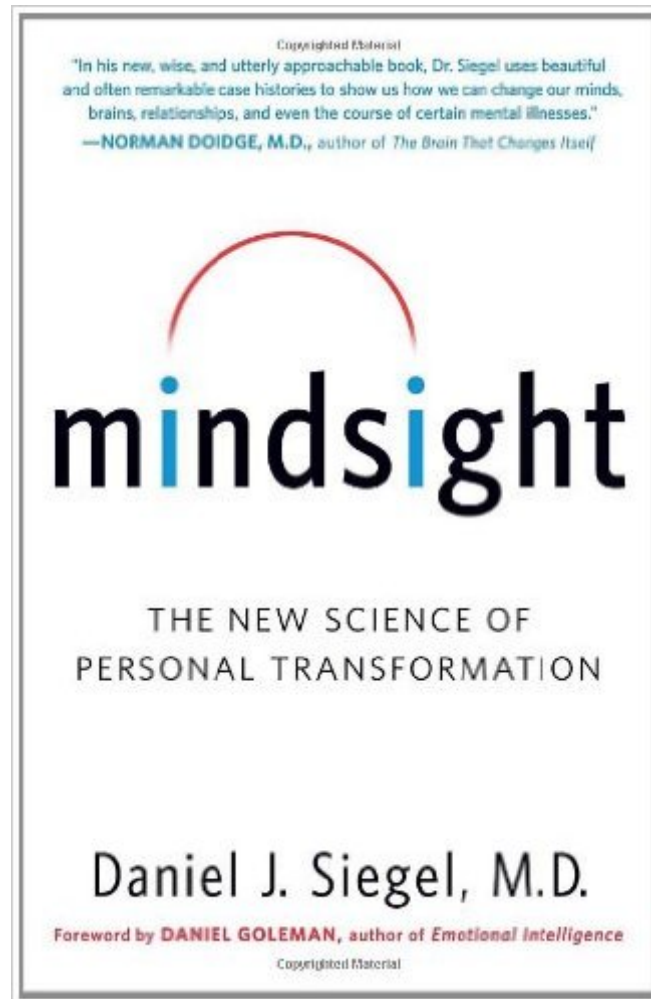


The book was found

Mindsight: The New Science Of Personal Transformation



Synopsis

This groundbreaking book, from one of the global innovators in the integration of brain science with psychotherapy, offers an extraordinary guide to the practice of "mindfulness" – the potent skill that is the basis for both emotional and social intelligence. From anxiety to depression and feelings of shame and inadequacy, from mood swings to addictions, OCD, and traumatic memories, most of us have a mental "trap" that causes recurring conflict in our lives and relationships. Daniel J. Siegel, M.D., a clinical professor of psychiatry at the UCLA School of Medicine and co-director of the UCLA Mindful Awareness Research Center, shows us how to use mindfulness to escape these traps. Through his synthesis of a broad range of scientific research with applications to everyday life, Dr. Siegel has developed novel approaches that have helped hundreds of patients free themselves from obstacles blocking their happiness. By cultivating mindfulness, all of us can effect positive, lasting changes in our brains "and our lives. A book as inspiring as it is profound, Mindfulness can help us master our emotions, heal our relationships, and reach our fullest potential.

Book Information

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Customer Reviews

I found this gem of a book in a Dallas, TX bookstore before the official release date. As an educator with post graduate work in teaching children how to think as they learn (cognitive learning specialist), I loved Dr. Siegel's tag line "Inspire to Rewire". That is exactly what the book teaches you to do. I now work as an educational consultant and a parenting consultant. It is so evident that people are holding onto thoughts that are keeping them in their own prison of the mind due to the rigid or chaotic thinking and lack of cohesive brain integration. While working with a client, who was

struggling with parenting issues, she began to develop Mindsight and understood the leftover issues keeping her trapped in a rigid mindset. After applying Dr. Siegel's suggestions to overcome the brain's rigidity, she realized that she received a message from her childhood implying that she was responsible for everything and everyone. We were both "inspired to rewire" her thinking, as it was apparent that she was learning to see her own rigid views on life. After three sessions, she began to change her own views on parenting and responsibility. For the first time in her life, she understood her story. This book belongs in the hands of everyone in the helping profession. It's also written in such a way that your clients/parenting students, spouses, friends can use the meditations and other suggestions by Dr. Siegel to begin to rework their story into a cohesive narrative. Boomers will love this, as they search for reasons why their lives may not be working. Dr. Siegel's suggestions for rewiring take time, but I'm convinced they are well worth the time involved. There appears to be a better life awaiting all, who are dealing with confusion or a weak sense of self.

I began reading "Mindsight" eagerly because I have a strong interest in mindfulness therapy and Siegel comes highly recommended. I found, however, that I could never get really engaged in the book. I pushed forward and read the whole thing, because Siegel obviously knows his stuff and writes in a clear and easy manner. But I didn't find what I was looking for. It took a while to figure out why this book was not for me. Three reasons: First, this book isn't primarily about mindfulness as its title suggests. Siegel has his own well-developed system of therapy. It includes mindfulness, yes, but also a lot of neuroscience, interpersonal therapy, and psychoanalysis (i.e., using insights about one's upbringing to bring about a cure.) Though the word psychoanalysis is never used, it seems to me that it is the dominant strand in his system. For example, he writes, "With mindsight I was able to make use of the reflections that arose from that conflict [a run-in with his son] to arrive at more clarifying insights into my own childhood experiences." So because mindfulness is not the main theme, or for some other reason, it is not very thoroughly developed--certainly not as much as in many other books I've read. Hence my disappointment. The second problem I had is that the bulk of the book is made up of clinical cases (stories of the lives of the author's patients and the therapy he does with them) and stories from the author's life. I find that a few such cases in this kind of book can be illuminating, but reading one story after another becomes tedious. Third, this book is not directed at helping the reader use the techniques that are mentioned.

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