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Dr. Dan Siegel - Books - The Mindful Brain

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The book offers an incredible amount of information and understanding about the relationships between the functions and attributes of consciousness and the structures of the brain. It is really a "brain-mind" primer. The author is clearly of the opinion that mind is not merely an epiphenomenon of the brain, but an equal creator of it.

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lobes meet the temporal area. This area of the brain is responsible for empathy and compassion.

Mindfulness and the Brain: What Does Research and ...

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