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A graduate of Harvard
Medical School, Dr.

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learned so much from his work on the integration of the lessons from the new brain science and ancient mindfulness techniques. For anyone who wants a deep appreciation of the way in which human brain works best when it is in an integrated, mindful state, this is the book for you.

**Mindsight: The New
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This series, curated by Brian Johnson, founder of PhilosophersNotes, features big ideas from leading thinkers on a wide range of personal-development topics. Get the full video and PDF of “Mindsight: The New Science of Personal Transformation” (free!) below. Daniel J. Siegel, MD, clinical professor of psychiatry at UCLA School of Medicine, is

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one of the world's
leading neurobiologists

Transformation

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harness the power of
our minds to re-sculpt
the neuro pathways of
our brains in ways that
can be life

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mind? and How can we
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We'...

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different animal
species have nervous
systems that enable

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anticipation of
events—for example,

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make positive changes
in your brain and in
your life.

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Daniel J. Siegel, M.D., is clinical professor of psychiatry at the UCLA

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School of Medicine, the

founding co-director of

the UCLA Mindful

Awareness Research

Center, and executive

director of the

Mindsight Institute.A

graduate of Harvard

Medical School, Dr.

Siegel is the author of

several books,

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