



The Neurobiology of 'We': How Relationships, the Mind, and the Brain Interact to Shape Who We Are

Daniel J. Siegel

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If you think your brain and mind are one, think again. According to the interpersonal neurobiology pioneer Daniel J. Siegel, the mind actually emerges out of the interaction between your brain and relationships. Now, with *The Neurobiology of "We"*, Dr. Siegel invites you on a journey to discover this revolutionary new model of human development - one that can positively transform trauma, move you from stress to calm and equanimity, and promote well-being for you, your family, or even your community.



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