



Fredric Schiffer MD

Dual-Brain  
Psychology  
**SECOND EDITION**

# Of Two Minds

# Of Two Minds The Revolutionary Science Of Dual Brain Psychology

**Shelley Carson**



## **Of Two Minds The Revolutionary Science Of Dual Brain Psychology:**

Of Two Minds Fredric Schiffer,1998 Most people experience themselves as two sided but have you ever wondered if there are really two minds in each of us Schiffer gives us overwhelming evidence that each side of our brain possesses an autonomous distinct personality This brilliant provocative book illustrates how the interaction of these two minds actually determines our psychological nature and the emotional problems we may experience OF TWO MINDS transforms our understanding of how and why we experience emotional distress and suggests a path to a more harmonious relationship between our two selves

Of Two Minds Frederic Schiffer,2002-07 Advances in science prove that we are of two minds each one with a different degree of maturity and each one associated with the left or the right brain The interaction of these two minds determines our psychological nature and ultimately the emotional problems or progress we may experience Each side of our brain possesses an autonomous distinct personality with its own set of memories motivations and behaviors It is possible to access isolate and work with the memories encoded on one side of the brain Schiffer s dual brain approach has yielded remarkable results with emotional disorders from anxiety and depression to addiction and stress induced heart disease Illus

**How Whole Brain Thinking Can Save the Future** James Olson,2017-01-10 When facing a tough dilemma the wise person tackles the whole problem They don t just focus on one part and ignore the rest That s a matter of common sense but such holistic thinking rarely occurs in our most consequential organizations Although women are catching up in the corridors of power most people in charge today are highly specialized males whose perception is too often myopic For example while they may focus well on the immediate symptoms of a problem they often miss deeper causes wider effects and longer term consequences Such people some of whom are also women are left brain dominant thinkers who tend to miss the forest for the trees Sadly these left brain dominants fail to use all the mental faculties available to them in particular the holistic and intuitive perceptions provided by their right brain And this is why our future is now in great peril In this multiple award winning book James Olson carefully explores these issues and shows us how to minimize conflict by gaining creative control over our two modes of perception He goes on to describe the left brain bias in our civilization revealing it to be the root cause for centuries of war racism sexism exploitation and hyper polarization Left brain dominance also explains eons of misunderstanding between the sexes and our inability to understand LGBTQ variants of which there are as many as 32 fluid variations as Olson shows While most of our technological and scientific progress is driven by left brain thinking the great advances to come especially in ethics politics the arts and religion will require that we consciously harness both sides of our brain to greatly improve our thinking so we can more often reach agreement Independent scholar Olson concludes by explaining how we can achieve greater internal coordination between these two operating systems thus showing us how and why thinking with our whole brains will lead us to peace justice prosperity and to the ultimate healing of our relationships and our world

**Critical Neurophilosophy & Indigenous Wisdom** Four Arrows,Gerg Cajete,Jongmin Lee,2010-01-01

This book begins a long overdue dialogue between Western neuropsychology and Indigenous wisdom. The latter holds that technology including that which supports the neurosciences is an important aspect of humanity but that without a deeper understanding of the sacred natural world its consequences will continue to disrupt the balance of life on Earth. This book argues that without incorporating Indigenous wisdom into theories relating to brain research and scientific assumptions about human nature humanity may never learn how to avoid this problem. After summarizing current studies about such important topics as generosity, truthfulness, courage, humour, art, spirituality and lateralization, two indigenous scholars and a South Korean neuroscientist discuss the research conclusions. In most cases the ancient knowledge of Indigenous Peoples reveals significantly contrasting perspectives. By offering students of neuropsychology and the various schools of neurophilosophy radically different views than those seen through the lens of Western science, this book will help assure that understandings about the human brain may lead to a more healthy balance in human affairs. Questions at the end of each chapter give opportunities for the reader to continue the dialogue and find further studies to support or refute the Indigenous assertions.

The Undermining of Beliefs in the Autonomy and Rationality of Consumers John

O'Shaughnessy, Nicholas O'Shaughnessy, 2007-11-08 This book examines modern consumption focusing on concepts of autonomy and rationality. In recent years, conventional ideas of free will have come under attack in the context of consumer choice and similarly postmodernists have sabotaged the very notion of consumer rationality. O'Shaughnessy and O'Shaughnessy adopt a moderating perspective.

**Strange Son** Portia Iversen, 2007 One day Iversen heard about a severely autistic nonverbal boy in India whose mother had taught him to read, write and communicate. Soma Mukhopadhyay's methods were unorthodox and her tools surprisingly simple: just a piece of cardboard with the alphabet written on it. But her achievement was astonishing: not only could Tito communicate but he had an IQ of 185 and wrote beautiful poetry. Iversen realized that Tito could provide an unrivaled window into autism and she organized a visit to the United States for the boy and his mother and arranged for some of the country's top scientists to study him. *Strange Son* is the account of these two families and how their personal journeys into autism intersected for a time and allowed Tito to explain to scientists the startling differences in his sensory perception, giving them insights that reframed the very definition of autism and challenging everything we thought we knew about it.

BOOK JACKET Your Creative Brain Shelley Carson, 2010-10-05

Research-based techniques that show everyone how to expand creativity and increase productivity. Harvard psychologist Shelley Carson's provocative book, published in partnership with Harvard Health Publications, reveals why creativity isn't something only scientists, investors, artists, writers and musicians enjoy; in fact, all of us use our creative brains every day at home, work and play. Each of us has the ability to increase our mental functioning and creativity by learning to move flexibly among several brain states. Explains seven brain states or brainsets and their functions as related to creativity, productivity and innovation. Provides quizzes, exercises and self-tests to activate each of these seven brainsets to unlock our maximum

creativity Your Creative Brain called by critics a new classic in the field of creativity offers inspiring suggestions that can be applied in both one's personal and professional life      **Sex, Time, and Power** Leonard Shlain, 2004-08-03 As in the bestselling *The Alphabet Versus the Goddess* Leonard Shlain's provocative new book promises to change the way readers view themselves and where they came from *Sex Time and Power* offers a tantalizing answer to an age old question Why did big brained Homo sapiens suddenly emerge some 150 000 years ago The key according to Shlain is female sexuality Drawing on an awesome breadth of research he shows how long ago the narrowness of the newly bipedal human female's pelvis and the increasing size of infants heads precipitated a crisis for the species Natural selection allowed for the adaptation of the human female to this environmental stress by reconfiguring her hormonal cycles entraining them with the periodicity of the moon The results however did much more than ensure our existence they imbued women with the concept of time and gave them control over sex a power that males sought to reclaim And the possibility of achieving immortality through heirs drove men to construct patriarchal cultures that went on to dominate so much of human history From the nature of courtship to the evolution of language Shlain's brilliant and wide ranging exploration stimulates new thinking about very old matters

*Spiritual Intelligence and the Neuroplastic Brain* Charles W. Mark Ph. D., Charles W. Mark, 2010 Our brains are getting wired differently in the world of digital technology information revolution and in the inter cultural world of global society Think of the new vocabulary Global brain collective intelligence global village and cyberspace That should tell us something about the neural rewiring that is taking place inside of our brains whether or not we are aware of it The fact that the human brain changes throughout a person's life in response to intellectual stimulation physical exercise exposure to new cultural environments learning opportunities and challenges is a revolutionary discovery Till twenty years ago neuroscientists believed in the conventional theory that the brain's ability at making new neural connections stopped before a child entered adolescence That is the old dogma There is a Second Copernican Revolution taking place inside of our brains writes the author quoting Carl Zimmer Some experts are suggesting that we are already living in what Richard Restack calls the neurosociety Ray Kurzweil the futurist is predicting that by 2045 A D human beings will be living in an era of singularity when non biological machines invented by human brains and human ingenuity are going to outsmart human intelligence billions of times What is going to be the fate of the human spirit human spirituality the feeling of connection to a force and power that is greater than us God our ability to use spiritual imagination and our intelligence Are we progressively moving away from religion and community based spirituality into the spirituality of different strokes for different folks In his groundbreaking book *Spiritual Intelligence and The Neuroplastic Brain A Contextual Interpretation of Modern History* Charles W Mark takes the reader on a journey through modern history and shows the glimpse of what is to come <http://www.spiritualityintelligence.com>      *The Marketing Power of Emotion* John O'Shaughnessy, Nicholas J. O'Shaughnessy, 2003 How does one choose between a brand name and a generic named product Why does one choose an item with a slightly lower

price than the other The answer is emotion The Marketing Power of Emotion provides a complete original and anecdote rich account of the marketing power of emotion This book is written by two of the leading practitioners in the field and is complete with thorough references and real life examples to follow Emotions whether it is realized or not is one of the central factors in our buying behavior Emotions energizes the motivation to buy and certain persuasive techniques are more effective than others are when marketers are trying to resonate emotionally with consumers This book covers all the essential topics including the scope of emotion in marketing and how in response to these emotions customers make product appraisals Finally this volume covers branding and how emotions play a role in how consumers become loyal to brands

Publisher s description      **Sense and Goodness Without God** Richard Carrier,2005-02-23 If God does not exist then what does Is there good and evil and should we care How do we know what s true anyway And can we make any sense of this universe or our own lives Sense and Goodness answers all these questions in lavish detail without complex jargon A complete worldview is presented and defended covering every subject from knowledge to art from metaphysics to morality from theology to politics Topics include free will the nature of the universe the meaning of life and much more arguing from scientific evidence that there is only a physical natural world without gods or spirits but that we can still live a life of love meaning and joy

**Healing the Hardware of the Soul** Daniel Amen,2008-09-16 Dr Daniel Amen s breakthrough brain healing program has helped hundreds of thousands to overcome depression anxiety obsessive compulsive disorder and attention deficit disorder The maverick author of Change Your Brain Change Your Life and Healing ADD now presents his proven program for repairing and strengthening our relationships child rearing practices work and study routines and ultimately our soulful connections in the deepest ways possible Guided by this book each of us can learn to balance and optimize the parts of the brain responsible for inner growth intimacy and spiritual health Drawing upon his experience with over fourteen thousand brain imaging studies of patients from all walks of life Dr Amen has developed an essential tool called the Amen Brain System Checklist a 101 question self test used to evaluate the five brain systems that are key to achieving and maintaining a healthy brain soul connection The questionnaire identifies the problem brain areas readers may need to work on offers insight into the degree to which these imbalances affect their lives and provides targeted strategies for each area of the brain involved with spiritual issues These are just a few of the many brain prescriptions to be found in Healing the Hardware of the Soul Develop focus and improve decision making with the One Page Miracle for the Soul Use prayer meditation and diaphragmatic breathing exercises for superior emotional and spiritual flexibility Heal painful deep soul memories through thought and behavior exercises Learn how forming strong positive new bonds actually controls impulsive behavior and stabilizes mood swings Dr Amen s recommendations include cutting edge advice on diet nutritional supplements and the judicious use of medication when needed He also explains which medications can unbalance the brain when used improperly Dramatic before and after pictures of the brain demonstrate the medical effectiveness of these

clinically based healing techniques Whether we learn the self help strategies of cognitive reprogramming self hypnosis or nutraceutical therapy seek out psychotherapy or rely on prescription antidepressants and anti-anxiety medications Dr Amen's sage advice and comprehensive treatment programs give us all the tools we need to optimize our work relationships and spiritual connections to become the people we want to be

**The Caldron of Consciousness** Ralph D. Ellis, Natika Newton, 2000-11-14 These new studies by prominent neuroscientists, psychologists and philosophers work toward a coherent framework for understanding emotion and its contribution to the functioning of consciousness in general as an aspect of self-organizing embodied subjects Distinguishing consciousness from unconscious information processing hinges on the role of motivating emotions in all conscious modalities and how emotional brain processes interact with those traditionally associated with cognitive function Computationally registering processing sensory signals e.g. in the occipital lobe or area V4 by itself does not result in perceptual consciousness which requires subcortical structures such as amygdala, hypothalamus and brain stem This interdisciplinary anthology attempts to understand the complexity of emotional intentionality why the role of motivation in self-organizing processes is crucial in distinguishing conscious from unconscious processes how emotions account for agency and how an adequate approach to emotion motivation can address the traditional mind-body problem through a holistic understanding of the conscious behaving organism Series B

Persuasion in Advertising John O'Shaughnessy, Nicholas J. O'Shaughnessy, 2004 A practical and in-depth guide to the art of advertising persuasion this book draws on research concepts and case examples from the US and Europe to explain advertising theories and set out strategies for adoption

**The Speciation of Modern Homo Sapiens** T. J. Crow, 2004-01-08 This is the first volume to address directly the question of the speciation of modern Homo sapiens The subject raises profound questions about the nature of the species our defining characteristic it is suggested it is language and the brain changes and their genetic basis that make us distinct The British Academy and the Academy of Medical Sciences have brought together experts from palaeontology, archaeology, linguistics, psychology, genetics and evolutionary theory to present evidence and theories at the cutting edge of our understanding of these issues Palaeontological and genetic work suggests that the transition from a precursor hominid species to modern man took place between 100 000 and 150 000 years ago Some contributors discuss what is most characteristic of the species focussing on language and its possible basis in brain lateralization This work is placed in the context of speciation theory which has remained a subject of considerable debate since the evolutionary synthesis of Mendelian genetics and Darwinian theory The timing of specific transitions in hominid evolution is discussed as also is the question of the neural basis of language Other contributors address the possible genetic nature of the transition with reference to changes on the X and Y chromosomes that may account for sex differences in lateralization and verbal ability These differences are discussed in terms of the theory of sexual selection and with reference to the mechanisms of speciation These essays will be vital reading for anyone interested in the nature and origins of the species and specifically human

abilities      **Psychological Trauma and the Developing Brain** Phyllis Stien, Joshua C Kendall, 2014-01-02 Explore interventions and treatment methods designed to help curb the alarming trend toward violence in today's youth Written in jargon free lucid prose *Psychological Trauma and the Developing Brain Neurologically Based Interventions for Troubled Children* specifically shows how positive early experiences enhance brain development and how traumatic life experiences especially child abuse and neglect can affect a child's brain and behavior Through carefully selected case studies the book offers basic principles of treatment and a broad range of interventions that target the multiple symptoms and problems seen in children with a history of childhood trauma Offering a new psychobiological model of child development this book incorporates the influence of both genes and the environment and conceptualizes normal and pathological development in terms of common underlying processes For readers concerned with promoting healthy development in children and helping children recover from childhood trauma this engagingly written book describes exactly how a child's social interpersonal environment can positively or negatively influence brain development Throughout the book the authors highlight the interrelationship between neurobiology and psychology They present basic information about brain development and organization describe exactly what is going on inside the brain at each stage of development and illustrate these concepts through a detailed case study of a preschooler with severe problems in communicating and relating They discuss the pernicious effects that traumatic stress has on brain and behavior differentiating between simple and complex PTSD and review the specific brain impairments currently attributed to a childhood history of maltreatment Using their unique psychobiological perspective and illustrative case studies the authors evaluate the principles and strategies of treatment showing how relationships and experiences can mitigate the effects childhood trauma After fleshing out the shocking cost to society of child maltreatment the authors offer broad policy prescriptions that promote healthy development including basic strategies for prevention and early intervention *Psychological Trauma and the Developing Brain Neurologically Based Interventions for Troubled Children* will show you how interpersonal experience shapes brain development what is going on in the brain during the critical first six years how therapeutic relationships and interpersonal experience can promote emotional and cognitive development how childhood maltreatment can damage the brain and impair the developing mind what types of experiences and therapeutic strategies can mitigate the effects of childhood trauma what policy prescriptions programs and early intervention strategies can be implemented to promote healthy development      [The Healing Power of Spirituality](#) J. Harold Ellens, 2009-12-30 This three volume set addresses how the role of spirituality and its constructive expressions in various religions and outside of formal religion enhances human personality and experience Theologian and acclaimed scholar J Harold Ellens now offers a breakthrough work on the positive impact of faith In *The Healing Power of Spirituality and Religion* an extraordinary group of scholars discuss the latest scientific research into the connection between belief and psychological and physical well being Each volume of *The Healing Power of Spirituality* focuses on a specific

aspect of the scientific exploration of faith and well being volume one examines the healing power of personal spiritualities like I Ching and Transcendentalism volume two looks at the subject in the context of Christianity Judaism and other world faiths and volume three explores the psychodynamics of healing spirituality and religion including the role of biochemical and chemical reactions in heightening psychospiritual apperception *Tone of Voice and Mind* Norman D. Cook,2002-01-01

*Tone of Voice and Mind* is a synthesis of findings from neurophysiology how neurons produce subjective feeling neuropsychology how the human cerebral hemispheres undertake complementary information processing intonation studies how the emotions are encoded in the tone of voice and music perception how human beings hear and feel harmony The focus is on the psychological characteristics that distinguish us from other primate species At a neuronal level we are just another mammalian species but the functional specialization of the human cerebral hemispheres has resulted in three outstanding uniquely human talents language tool usage and music To understand how the human brain coordinates those behaviors is to understand who we are Series B *The Lost Secret of Death* Peter Novak,2003-08-01 Novak investigates a belief called the Binary Soul Doctrine BSD which states simply that humans possess two souls which split at death the conscious going on to reincarnate again and again while the unconscious ends up in a type of limbo judging itself for all eternity He goes on to explain that long ago the BSD was the primary belief of a single world religion which since has been broken into more and more fragments However he claims that twentieth century findings including the work of Freud and Jung as well as findings of modern neuroscience and Near Death research has marked a resurgence of belief in the veracity of the BSD Novak argues just as those long ago did that it is essential for humans to integrate these two souls together before death to avoid the nightmare of being split in two at death He even offers a few steps to help readers start the process of integration

**Original Christianity** Peter Novak,2005-09-29 Offers more information about the first century world of early Christians asking Could Christ s original teachings have truly been lost Foreword Reviews Whoever finds the interpretation of these sayings will not experience death from the Gospel of Thomas The work of scholars such as Elaine Pagels and Marvin Meyer have captured the imagination of the public by setting forth the Gospel of Thomas and other lost teachings of Jesus Now Peter Novak in *Original Christianity* brings forth a critical element essential for fully understanding these scriptures Novak argues that the authors of these early texts subscribed to the Binary Soul Doctrine an ancient belief system that allows for both reincarnation and an eternal afterlife Novak s interdisciplinary approach offers fresh insights on the beliefs and politics of the early church founders He points out that reincarnation was a commonly held Christian belief until it was voted out of official Christianity and the record expunged This newfound key reveals the true identities of many mysterious Biblical figures such as Lazarus Barabbas Judas and especially the Apostle Thomas who may not only have been Jesus identical twin brother but indeed a second Christ in his own right who lived to produce a genetically identical bloodline More important still the rediscovery of the lost theology of Original Christianity means Christ s central message of personal integrity can again

take center stage

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