



The Other Side of Normal: How Biology Is Providing the Clues to Unlock the Secrets of Normal and Abnormal Behavior (Paperback)

By Jordan Smoller

William Morrow Company, United States, 2013. Paperback. Book Condition: New. Reprint. 202 x 132 mm. Language: English . Brand New Book. Psychiatry has ignored the normal. The focus on defining abnormal behavior has obscured what turns out to be a more fundamental question--how does the biology of the brain give rise to the mind, which in turn gives rise to everything we care about: thoughts, feelings, desires, and relationships? In The Other Side of Normal, Harvard psychiatrist Jordan Smoller shows us that understanding what the mind was designed to do in the first place demystifies mental illness and builds a new foundation for defining psychiatric disorders--from autism to depression. Smoller argues there are no bright lines between normal and abnormal. Psychiatric disorders are variations of the same brain systems that evolved to help us solve the challenges of everyday life. Smoller explains where our personalities come from and how the temperaments we had as infants actually stay with us into adulthood. Why do we choose to date, love, and marry the people we do? Why do some of us form healthy relationships while others form unstable ones? Based on the author's groundbreaking research and personal experiences treating psychological disorders, The Other...



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