

# The Psychopath Inside A Neuroscientists Personal Journey Into The Dark Side Of The Brain

*The Power of Different* Gail Saltz, M.D. 2017-03-07 A powerful and inspiring examination of the connection between the potential for great talent and conditions commonly thought to be "disabilities," revealing how the source of our struggles can be the origin of our greatest strengths. In *The Power of Different*, psychiatrist and bestselling author Gail Saltz examines the latest scientific discoveries, profiles famous geniuses who have been diagnosed with all manner of brain "problems"—including learning disabilities, ADD, anxiety, Depression, Bipolar disorder, schizophrenia, and Autism—and tells the stories of lay individuals to demonstrate how specific deficits in certain areas of the brain are directly associated with the potential for great talent. Saltz shows how the very conditions that cause people to experience difficulty at school, in social situations, at home, or at work, are inextricably bound to creative, disciplinary, artistic, empathetic, and cognitive abilities. In this pioneering work, readers will find engaging scientific research and stories from historical geniuses and everyday individuals who have not only made the most of their conditions, but who have flourished because of them. They are leaning into their brain differences to:

- \*Identify areas of interest and expertise
- \*Develop work arounds
- \*Create the environments that best foster their talents
- \*Forge rewarding interpersonal relationships

Enlightening and inspiring, *The Power of Different* proves that the unique wiring of every brain can be a source of strength and productivity, and contributes to the richness of our world.

**How the Brain Lost Its Mind** Allan H. Ropper 2019-08-20 A noted neurologist challenges the widespread misunderstanding of brain disease and mental illness. *How the Brain Lost Its Mind* tells the rich and compelling story of two confounding ailments, syphilis and hysteria, and the extraordinary efforts to confront their effects on mental life. How does the mind work? Where does madness lie, in the brain or in the mind? How should it be treated? Throughout the nineteenth century, syphilis—a disease of mad poets, musicians, and artists—swept through the highest and lowest rungs of European society like a plague. Known as "the Great Imitator," it could produce almost any form of mental or physical illness, and it would bring down a host of famous and infamous characters—among them Guy de Maupassant, Vincent van Gogh, the Marquis de Sade, Friedrich Nietzsche, and Al Capone. It was the first truly psychiatric disease and it filled asylums to overflowing. At the same time, an outbreak of bizarre behaviors resembling epilepsy, but with no identifiable source in the body, strained the diagnostic skills of the great neurologists. It was referred to as hysteria. For more than a century, neurosyphilis stood out as the archetype of a brain-based mental illness, fully understood but largely forgotten, and today far from gone. Hysteria, under many different names, remains unexplained and epidemic. These two conditions stand at opposite poles of the current debate over the role of the brain in mental illness. Hysteria led Freud to insert sex into psychology. Neurosyphilis led to the proliferation of mental institutions. The problem of managing the inmates led to the abuse of lobotomy and electroshock therapy, and ultimately the overuse of psychotropic drugs. Today we know that syphilitic madness was a destructive disease of the brain while hysteria and, more broadly, many varieties of mental illness reside solely in the mind. Or do they? Afflictions once written off as "hysterical" continue to elude explanation. Addiction, alcoholism, autism, ADHD, Tourette syndrome, depression, and sociopathy, though regarded as brain-based, have not been proven to be so. In these pages, the authors raise a host of philosophical and practical questions. What is the difference between a sick mind and a sick brain? If we understood everything about the brain, would we understand ourselves? By delving into an overlooked history, this book shows how neuroscience and brain scans alone cannot account for a

robust mental life, or a deeply disturbed one.

**The Nocturnal Brain** Dr. Guy Leschziner 2019-07-23 A renowned neurologist shares the true stories of people unable to get a good night's rest in *The Nocturnal Brain: Nightmares, Neuroscience, and the Secret World of Sleep*, a fascinating exploration of the symptoms and syndromes behind sleep disorders. For Dr. Guy Leschziner's patients, there is no rest for the weary in mind and body. Insomnia, narcolepsy, night terrors, apnea, and sleepwalking are just a sampling of conditions afflicting sufferers who cannot sleep—and their experiences in trying are the stuff of nightmares. Demonic hallucinations frighten people into paralysis. Restless legs rock both the sleepless and their sleeping partners with unpredictable and uncontrollable kicking. Out-of-sync circadian rhythms confuse the natural body clock's days and nights. Then there are the extreme cases. A woman in a state of deep sleep who gets dressed, unlocks her car, and drives for several miles before returning to bed. The man who has spent decades cleaning out kitchens while "sleep-eating." The teenager prone to the serious, yet unfortunately nicknamed Sleeping Beauty Syndrome stuck in a cycle of excessive unconsciousness, binge eating, and uncharacteristic displays of aggression and hypersexuality while awake. With compassionate stories of his patients and their conditions, Dr. Leschziner illustrates the neuroscience behind our sleeping minds, revealing the many biological and psychological factors necessary in getting the rest that will not only maintain our physical and mental health, but improve our cognitive abilities and overall happiness.

**The Teenage Brain** Frances E. Jensen 2015-01-06 A New York Times Bestseller Renowned neurologist Dr. Frances E. Jensen offers a revolutionary look at the brains of teenagers, dispelling myths and offering practical advice for teens, parents and teachers. Dr. Frances E. Jensen is chair of the department of neurology in the Perelman School of Medicine at the University of Pennsylvania. As a mother, teacher, researcher, clinician, and frequent lecturer to parents and teens, she is in a unique position to explain to readers the workings of the teen brain. In *The Teenage Brain*, Dr. Jensen brings to readers the astonishing findings that previously remained buried in academic journals. The root myth scientists believed for years was that the adolescent brain was essentially an adult one, only with fewer miles on it. Over the last decade, however, the scientific community has learned that the teen years encompass vitally important stages of brain development. Samples of some of the most recent findings include: Teens are better learners than adults because their brain cells more readily "build" memories. But this heightened adaptability can be hijacked by addiction, and the adolescent brain can become addicted more strongly and for a longer duration than the adult brain. Studies show that girls' brains are a full two years more mature than boys' brains in the mid-teens, possibly explaining differences seen in the classroom and in social behavior. Adolescents may not be as resilient to the effects of drugs as we thought. Recent experimental and human studies show that the occasional use of marijuana, for instance, can cause lingering memory problems even days after smoking, and that long-term use of pot impacts later adulthood IQ. Multi-tasking causes divided attention and has been shown to reduce learning ability in the teenage brain. Multi-tasking also has some addictive qualities, which may result in habitual short attention in teenagers. Emotionally stressful situations may impact the adolescent more than it would affect the adult: stress can have permanent effects on mental health and can lead to higher risk of developing neuropsychiatric disorders such as depression. Dr. Jensen gathers what we've discovered about adolescent brain function, wiring, and capacity and explains the science in the contexts of everyday learning and multitasking, stress and memory, sleep, addiction, and decision-making. In this groundbreaking yet accessible book, these findings also yield practical suggestions that will help adults and teenagers negotiate the mysterious world of adolescent development.

**Blindspot** Mahzarin R. Banaji 2016-08-16 "Accessible and authoritative . . . While we may not have much power to eradicate our own prejudices, we can counteract them. The first step is to turn a hidden bias into a visible one. . . . What if we're not the magnanimous people we think we are?"—The Washington Post I know my own mind. I am able to assess others in a fair and accurate way. These self-perceptions are challenged by leading psychologists Mahzarin R. Banaji and Anthony G. Greenwald as they explore the hidden biases we all carry from a lifetime of exposure to cultural

attitudes about age, gender, race, ethnicity, religion, social class, sexuality, disability status, and nationality. "Blindspot" is the authors' metaphor for the portion of the mind that houses hidden biases. Writing with simplicity and verve, Banaji and Greenwald question the extent to which our perceptions of social groups—without our awareness or conscious control—shape our likes and dislikes and our judgments about people's character, abilities, and potential. In *Blindspot*, the authors reveal hidden biases based on their experience with the Implicit Association Test, a method that has revolutionized the way scientists learn about the human mind and that gives us a glimpse into what lies within the metaphoric blindspot. The title's "good people" are those of us who strive to align our behavior with our intentions. The aim of *Blindspot* is to explain the science in plain enough language to help well-intentioned people achieve that alignment. By gaining awareness, we can adapt beliefs and behavior and "outsmart the machine" in our heads so we can be fairer to those around us. Venturing into this book is an invitation to understand our own minds. Brilliant, authoritative, and utterly accessible, *Blindspot* is a book that will challenge and change readers for years to come. Praise for *Blindspot* "Conversational . . . easy to read, and best of all, it has the potential, at least, to change the way you think about yourself."—Leonard Mlodinow, *The New York Review of Books* "Banaji and Greenwald deserve a major award for writing such a lively and engaging book that conveys an important message: Mental processes that we are not aware of can affect what we think and what we do. *Blindspot* is one of the most illuminating books ever written on this topic."—Elizabeth F. Loftus, Ph.D., distinguished professor, University of California, Irvine; past president, Association for Psychological Science; author of *Eyewitness Testimony*

*Innate* Kevin J. Mitchell 2020-03-31 "What makes you the way you are--and what makes each of us different from everyone else? In *Innate*, leading neuroscientist and popular science blogger Kevin Mitchell traces human diversity and individual differences to their deepest level: in the wiring of our brains. Deftly guiding us through important new research, including his own groundbreaking work, he explains how variations in the way our brains develop before birth strongly influence our psychology and behavior throughout our lives, shaping our personality, intelligence, sexuality, and even the way we perceive the world. We all share a genetic program for making a human brain, and the program for making a brain like yours is specifically encoded in your DNA. But, as Mitchell explains, the way that program plays out is affected by random processes of development that manifest uniquely in each person, even identical twins. The key insight of *Innate* is that the combination of these developmental and genetic variations creates innate differences in how our brains are wired--differences that impact all aspects of our psychology--and this insight promises to transform the way we see the interplay of nature and nurture. *Innate* also explores the genetic and neural underpinnings of disorders such as autism, schizophrenia, and epilepsy, and how our understanding of these conditions is being revolutionized. In addition, the book examines the social and ethical implications of these ideas and of new technologies that may soon offer the means to predict or manipulate human traits. Compelling and original, *Innate* will change the way you think about why and how we are who we are."--Provided by the publisher.

**Almost a Psychopath** Ronald Schouten 2012-05-23 Do you know someone who is just a bit too manipulative and full of himself? Does someone you know charm the masses yet lack the ability to deeply connect with those around her? You might have an Almost Psychopath in your life. Do you know someone who is too manipulative and full of himself? Does someone you know charm the masses yet lack the ability to deeply connect with those around her? Grandiosity and exaggerated self-worth. Pathological lying. Manipulation. Lack of remorse. Shallowness. Exploitation for financial gain. These are the qualities of Almost Psychopaths. They are not the deranged criminals or serial killers that might be coined "psychopaths" in the movies or on TV. They are spouses, coworkers, bosses, neighbors, and people in the news who exhibit many of the same behaviors as a full-blown psychopath, but with less intensity and consistency. In *Almost a Psychopath*, Ronald Schouten, MD, JD, and James Silver, JD, draw on scientific research and their own experiences to help you identify if you are an Almost Psychopath and, if so, guide you to interventions and resources to change your behavior. If you think you have encountered an Almost Psychopath, they offer practical tools to help

you: recognize the behavior, attitudes, and characteristics of the Almost Psychopath; make sense of interactions you've had with Almost Psychopaths; devise strategies for dealing with them in the present; make informed decisions about your next steps; and learn ways to help an Almost Psychopath get better control of their behavior. The Almost Effect™ Series presents books written by Harvard Medical School faculty and other experts that offer guidance on common behavioral and physical problems falling in the spectrum between normal health and a full-blown medical condition. These are the first publications to help general readers recognize and address these problems.

**Social** Matthew D. Lieberman 2013-10-08 We are profoundly social creatures--more than we know. In *Social*, renowned psychologist Matthew Lieberman explores groundbreaking research in social neuroscience revealing that our need to connect with other people is even more fundamental, more basic, than our need for food or shelter. Because of this, our brain uses its spare time to learn about the social world--other people and our relation to them. It is believed that we must commit 10,000 hours to master a skill. According to Lieberman, each of us has spent 10,000 hours learning to make sense of people and groups by the time we are ten. *Social* argues that our need to reach out to and connect with others is a primary driver behind our behavior. We believe that pain and pleasure alone guide our actions. Yet, new research using fMRI--including a great deal of original research conducted by Lieberman and his UCLA lab--shows that our brains react to social pain and pleasure in much the same way as they do to physical pain and pleasure. Fortunately, the brain has evolved sophisticated mechanisms for securing our place in the social world. We have a unique ability to read other people's minds, to figure out their hopes, fears, and motivations, allowing us to effectively coordinate our lives with one another. And our most private sense of who we are is intimately linked to the important people and groups in our lives. This wiring often leads us to restrain our selfish impulses for the greater good. These mechanisms lead to behavior that might seem irrational, but is really just the result of our deep social wiring and necessary for our success as a species. Based on the latest cutting edge research, the findings in *Social* have important real-world implications. Our schools and businesses, for example, attempt to minimize social distractions. But this is exactly the wrong thing to do to encourage engagement and learning, and literally shuts down the social brain, leaving powerful neuro-cognitive resources untapped. The insights revealed in this pioneering book suggest ways to improve learning in schools, make the workplace more productive, and improve our overall well-being.

**The Moral Molecule** Paul J. Zak 2012-05-10 A Revolution in the Science of Good and Evil Why do some people give freely while others are cold hearted? Why do some people cheat and steal while others you can trust with your life? Why are some husbands more faithful than others—and why do women tend to be more generous than men? Could the key to moral behavior lie with a single molecule? From the bucolic English countryside to the highlands of Papua New Guinea, from labs in Switzerland to his campus in Southern California, Dr. Paul Zak recounts his extraordinary stories and sets out, for the first time, his revolutionary theory of moral behavior. Accessible and electrifying, *The Moral Molecule* reveals nothing less than the origins of our most human qualities—empathy, happiness, and the kindness of strangers.

**The Brain That Changes Itself** Norman Doidge 2007-03-15 “Fascinating. Doidge’s book is a remarkable and hopeful portrait of the endless adaptability of the human brain.”—Oliver Sacks, MD, author of *The Man Who Mistook His Wife for a Hat* What is neuroplasticity? Is it possible to change your brain? Norman Doidge’s inspiring guide to the new brain science explains all of this and more. An astonishing new science called neuroplasticity is overthrowing the centuries-old notion that the human brain is immutable, and proving that it is, in fact, possible to change your brain.

Psychoanalyst, Norman Doidge, M.D., traveled the country to meet both the brilliant scientists championing neuroplasticity, its healing powers, and the people whose lives they've transformed—people whose mental limitations, brain damage or brain trauma were seen as unalterable. We see a woman born with half a brain that rewired itself to work as a whole, blind people who learn to see, learning disorders cured, IQs raised, aging brains rejuvenated, stroke patients learning to speak, children with cerebral palsy learning to move with more grace,

depression and anxiety disorders successfully treated, and lifelong character traits changed. Using these marvelous stories to probe mysteries of the body, emotion, love, sex, culture, and education, Dr. Doidge has written an immensely moving, inspiring book that will permanently alter the way we look at our brains, human nature, and human potential.

**Evil** Julia Shaw 2019-02-26 An expert in criminology and psychology uses science to understand evil in today's society. What is it about evil that we find so compelling? From our obsession with serial killers to violence in pop culture, we seem inescapably drawn to the stories of monstrous acts and the aberrant people who commit them. But evil, Dr. Julia Shaw argues, is largely subjective. What one may consider normal, like sex before marriage, eating meat, or working on Wall Street, others find abhorrent. And if evil is only in the eye of the beholder, can it be said to exist at all? In *Evil*, Shaw uses an engrossing mix of science, popular culture, and real-life examples to break down timely and provocative issues. How similar is your brain to a psychopath's? How many people have murder fantasies? Can artificial intelligence be evil? Do your sexual proclivities make you a bad person? Who becomes a terrorist? If you could travel back in time, would you kill baby Hitler? In asking these questions, Shaw urges readers to discover empathy and to rethink and reshape what it means to be bad. *Evil* is a wide-ranging exploration into a fascinating, darkly compelling subject from wickedly smart and talented writer. Praise for *Evil* "A brilliant panorama that elucidates humanity's dark side. . . . This science-based foundation for studying the minds of sadists, mass murderers, freaks and creeps, as well the new role of tech in promoting evil is presented in a totally engaging fashion." —Philip Zimbardo, PhD; Professor Emeritus, Stanford University; author of *The Lucifer Effect* "This overview of various kinds of aberrant behavior grouped under the umbrella term evil is well backed up by the expertise of Shaw. . . . Shaw's work will be particularly appropriate for college and high school libraries for its sober-minded, academically rigorous examination of an oft-sensationalized subject." —Publishers Weekly "Capably written with a smooth mix of scientific insight and theoretical thought, the book will hopefully inspire empathy and understanding rather than hysteria and condemnation. A consistently fascinating journey into the darker sides of the human condition that will push on the boundaries of readers' comfort zones." —Kirkus Reviews

**The Blackthorn Key Gripping Collection Books 1-3** Kevin Sands 2018-09-25 The first three books in the award-winning Blackthorn Key series are now available together in one thrilling boxed set—perfect for fans of Dan Brown! Kevin Sands brings readers on a heart-stopping adventure rich with suspense, mystery, and unforgettable characters in *The Blackthorn Key*. This paperback boxed set includes: *The Blackthorn Key* *Mark of the Plague* *The Assassin's Curse*

**Mindfulness for Borderline Personality Disorder** Blaise Aguirre 2013-05-01 If you are like many others living with borderline personality disorder (BPD), you know what it's like to be overwhelmed by intense and fluctuating emotions; to have difficulty with relationships; and to constantly struggle with troubling thoughts and behaviors. BPD can be especially difficult to treat, though there are ways to gain control over your symptoms and live a happier, healthier life. Expanding on the core skill of dialectical behavior therapy (DBT), *Mindfulness for Borderline Personality Disorder* will help you target and successfully manage many of the familiar symptoms of BPD. Inside, you will learn the basics of mindfulness through specific exercises, and will gain powerful insight through real-life stories from people who have BPD. If you are ready to take that first step on the path toward wellness, this book will be your guide.

**Murderous Minds** Dean A. Haycock 2021-11-15 Is there a biological basis for evil? From neurological imaging to behavioral studies, Dean Haycock's account of the groundbreaking research reveals what scientists are learning about the psychopaths living among us. How many times have you seen a murder on the news or on a TV show like *CSI: Crime Scene Investigation*, and said to yourself, "How could someone do something like that?" Today, neuroscientists are imaging, mapping, testing and dissecting the source of the worst behavior imaginable in the brains of the people who lack a conscience: psychopaths. Neuroscientist Dean Haycock examines the behavior of real life psychopaths and discusses how their actions can be explained in scientific terms, from research that literally looks inside their brains to understanding out psychopaths, without empathy

but very goal-oriented, think and act the way they do. Some don't commit crimes at all, but rather make use of their skills in the boardroom. But what does this mean for lawyers, judges, psychiatrists, victims and readers--for anyone who has ever wondered how some people can be so bad. Could your nine-year-old be a psychopath? What about your co-worker? The ability to recognize psychopaths using the scientific method has vast implications for society, and yet is still loaded with consequences.

**Without Conscience** Robert D. Hare 2011-09-20 Most people are both repelled and intrigued by the images of cold-blooded, conscienceless murderers that increasingly populate our movies, television programs, and newspaper headlines. With their flagrant criminal violation of society's rules, serial killers like Ted Bundy and John Wayne Gacy are among the most dramatic examples of the psychopath. Individuals with this personality disorder are fully aware of the consequences of their actions and know the difference between right and wrong, yet they are terrifyingly self-centered, remorseless, and unable to care about the feelings of others. Perhaps most frightening, they often seem completely normal to unsuspecting targets--and they do not always ply their trade by killing. Presenting a compelling portrait of these dangerous men and women based on 25 years of distinguished scientific research, Dr. Robert D. Hare vividly describes a world of con artists, hustlers, rapists, and other predators who charm, lie, and manipulate their way through life. Are psychopaths mad, or simply bad? How can they be recognized? And how can we protect ourselves? This book provides solid information and surprising insights for anyone seeking to understand this devastating condition.

The Wisdom of Psychopaths Kevin Dutton 2012-10-16 Psychopath. The word conjurs up images of serial killers, rapists, suicide bombers, gangsters. But think again: you could probably benefit from being a little more psychopathic yourself. Psychologist Kevin Dutton has made a speciality of psychopathy, and is on first-name terms with many notorious killers. But unlike those incarcerated psychopaths, and all those depicted in movies and crime fiction, most are not violent, he explains. In fact, says Prof Dutton, they have a lot of good things going for them. Psychopaths are fearless, confident, charismatic and focused--qualities tailor-made for success in today's society. The Wisdom of Psychopaths is an intellectual rollercoaster ride that combines lightning-hot science with unprecedented access to secret monasteries, Special Forces training camps, and high-security hospitals. In it, you will meet serial killers, war heroes, financiers, movie stars and attorneys--and discover that beneath the hype and popular characterization, psychopaths have something to teach us. Like the knobs on a mixing deck, psychopathy is graded. And finding the right combination of psychopathic traits, sampled and mixed at carefully calibrated volumes, can put us ahead of the game.

The Anatomy of Violence Adrian Raine 2013 Provocative and timely: a pioneering neurocriminologist introduces the latest biological research into the causes of--and potential cures for--criminal behavior. With an 8-page full-color insert, and black-and-white illustrations throughout.

MATLAB for Neuroscientists Pascal Wallisch 2014-01-09 MATLAB for Neuroscientists serves as the only complete study manual and teaching resource for MATLAB, the globally accepted standard for scientific computing, in the neurosciences and psychology. This unique introduction can be used to learn the entire empirical and experimental process (including stimulus generation, experimental control, data collection, data analysis, modeling, and more), and the 2nd Edition continues to ensure that a wide variety of computational problems can be addressed in a single programming environment. This updated edition features additional material on the creation of visual stimuli, advanced psychophysics, analysis of LFP data, choice probabilities, synchrony, and advanced spectral analysis. Users at a variety of levels--advanced undergraduates, beginning graduate students, and researchers looking to modernize their skills--will learn to design and implement their own analytical tools, and gain the fluency required to meet the computational needs of neuroscience practitioners. The first complete volume on MATLAB focusing on neuroscience and psychology applications Problem-based approach with many examples from neuroscience and cognitive psychology using real data Illustrated in full color throughout Careful tutorial approach, by authors

who are award-winning educators with strong teaching experience

The Time Traveler's Almanac Ann VanderMeer 2014-03-18 A definitive collection of time-travel stories from more than a century of literature features pieces by such leading authors as Douglas Adams, Isaac Asimov and Ray Bradbury and is complemented by a selection of informative nonfiction articles, including Charles Yu's "Top Ten Tips For Time Travelers."

**Redefining Disability** 2022-02-14 Redefining Disability features all disabled authors and creators. By combining traditional academic works with personal reflections, graphic art, and poetry, the volume centers disability by drawing from the experiences and expertise of disabled individuals.

The Psychopath Inside James Fallon 2013-10-31 "Compelling, essential reading for understanding the underpinnings of psychopathy." — M. E. Thomas, author of Confessions of a Sociopath For his first fifty-eight years, James Fallon was by all appearances a normal guy. A successful neuroscientist and professor, he'd been raised in a loving family, married his high school sweetheart, and had three kids and lots of friends. Then he learned a shocking truth that would not only disrupt his personal and professional life, but would lead him to question the very nature of his own identity. While researching serial killers, he uncovered a pattern in their brain scans that helped explain their cold and violent behavior. Astonishingly, his own scan matched that pattern. And a few months later he learned that he was descended from a long line of murderers. Fallon set out to reconcile the truth about his own brain with everything he knew as a scientist about the mind, behavior, and personality.

This Is Your Brain On Sex Kayt Sukel 2012-01-03 Previously published as Dirty Minds: How Our Brains Influence Love, Sex, and Relationships. PHILOSOPHERS, THEOLOGIANS, ARTISTS, AND BOY BANDS HAVE WAXED poetic for centuries about the nature of love. But what does the brain have to say about the way we carry our hearts? In the wake of a divorce, science writer and single mother Kayt Sukel made herself a guinea pig in the labs of some unusual love experts to find out. This Is Your Brain on Sex is her lively and hilarious examination of the big questions about love and sex, previously published in hardcover as Dirty Minds. Each chapter of this edgy romp through the romantic brain looks at a different aspect of love above the belt. What in your brain makes you love someone—or simply lust after them? Why do good girls like bad boys? Is monogamy practical? How thin is that line between love and hate? After reading this gimlet-eyed look at love, sex, and the brain, you'll never look at romance the same way again.

**White Coat** Ellen L. Rothman 2000-04-26 White Coat is Dr. Ellen Lerner Rothman's vivid account of her four years at Harvard Medical School. Describing the grueling hours and emotional hurdles she underwent to earn the degree of M.D., Dr. Rothman tells the story of one woman's transformation from a terrified first-year medical student into a confident, competent doctor. Touching on the most relevant issues in medicine today--such as HMOs, AIDS, and assisted suicide--Dr. Rothman recounts her despair and exhilaration as a medical student, from the stress of exams to the hard-won rewards that came from treating patients. The anecdotes in White Coat are funny, heartbreaking, and at times horrifying. Each chapter takes us deeper into Dr. Rothman's medical school experience, illuminating her struggle to walk the line between too much and not enough intimacy with her patients. For readers of Perri Klass and Richard Selzer, Dr. Rothman looks candidly at medicine and presents an unvarnished perspective on a subject that matters to us all. White Coat opens the infamously closed door between patient and doctor in a book that will change the way we look at our medical establishment. In White Coat, Ellen Rothman offers a vivid account of her four years at one of the best medical schools in the country, and opens the infamously closed door between patient and doctor. Touching on today's most important medical issues -- such as HMOs, AIDS, and assisted suicide -- the author navigates her way through despair, exhilaration, and a lot of exhaustion in Harvard's classrooms and Boston's hospitals to earn the indisputable title to which we entrust our lives. With a thoughtful, candid voice, Rothman writes about a wide range of experiences -- from a dream about holding the hand of a cadaver she had dissected to the acute embarrassment she felt when asking patients about their sexual histories. She shares her horror at treating a patient with a flesh-eating skin infection, the anxiety of being "pimped" by doctors for information (when doctors

quiz students on anatomy and medicine), as well as the ultimate reward of making the transformation and of earning a doctor's white coat. For readers of Perri Klass, Richard Selzer, and the millions of fans of ER, *White Coat* is a fascinating account of one woman's journey through school and into the high-stakes drama of the medical world. In *White Coat*, Ellen Rothman offers a vivid account of her four years at one of the best medical schools in the country, and opens the infamously closed door between patient and doctor. Touching on today's most important medical issues -- such as HMOs, AIDS, and assisted suicide -- the author navigates her way through despair, exhilaration, and a lot of exhaustion in Harvard's classrooms and Boston's hospitals to earn the indisputable title to which we entrust our lives. With a thoughtful, candid voice, Rothman writes about a wide range of experiences -- from a dream about holding the hand of a cadaver she had dissected to the acute embarrassment she felt when asking patients about their sexual histories. She shares her horror at treating a patient with a flesh-eating skin infection, the anxiety of being "pimped" by doctors for information (when doctors quiz students on anatomy and medicine), as well as the ultimate reward of making the transformation and of earning a doctor's white coat. For readers of Perri Klass, Richard Selzer, and the millions of fans of ER, *White Coat* is a fascinating account of one woman's journey through school and into the high-stakes drama of the medical world.

[The Fear Factor](#) Abigail Marsh 2017-10-10 How the brains of psychopaths and heroes show that humans are wired to be good At fourteen, Amber could boast of killing her guinea pig, threatening to burn down her home, and seducing men in exchange for gifts. She used the tools she had available to get what she wanted, like all children. But unlike other children, she didn't care about the damage she inflicted. A few miles away, Lenny Skutnik cared so much about others that he jumped into an ice-cold river to save a drowning woman. What is responsible for the extremes of generosity and cruelty humans are capable of? By putting psychopathic children and extreme altruists in an fMRI, acclaimed psychologist Abigail Marsh found that the answer lies in how our brain responds to others' fear. While the brain's amygdala makes most of us hardwired for good, its variations can explain heroic and psychopathic behavior. A path-breaking read, *The Fear Factor* is essential for anyone seeking to understand the heights and depths of human nature. "A riveting ride through your own brain."--Adam Grant "You won't be able to put it down."--Daniel Gilbert, *New York Times* bestselling author of *Stumbling on Happiness* "[It] reads like a thriller... One of the most mind-opening books I have read in years." --Matthieu Ricard, Author of *Altruism*

**Psycho-Cybernetics (Updated and Expanded)** Maxwell Maltz 2022-09-08 The landmark self-help bestseller that has inspired and enhanced the lives of more than 30 million readers. In this updated edition, with a new introduction and editorial commentary by Matt Furey, president of the Psycho-Cybernetics Foundation, the original 1960 text has been annotated and amplified to make Maxwell Maltz's message even more relevant for the contemporary reader. Maltz was the first researcher and author to explain how the self-image (a term he popularized) has complete control over an individual's ability to achieve, or fail to achieve, any goal. He developed techniques for improving and managing self-image visualization, mental rehearsal and relaxation which have informed and inspired countless motivational gurus, sports psychologists, and self-help practitioners for more than sixty years. Rooted in solid science, the classic teachings in *Psycho-Cybernetics* continue to provide a prescription for thinking and acting that lead to life-enhancing, quantifiable results.

*The Psychopath Whisperer* Kent A. Kiehl, PhD 2014-04-22 A compelling journey into the science and behavior of psychopaths, written by the leading scientist in the field of criminal psychopathy. We know of psychopaths from chilling headlines and stories in the news and movies—from Ted Bundy and John Wayne Gacy, to Hannibal Lecter and Dexter Morgan. As Dr. Kent Kiehl shows, psychopaths can be identified by a checklist of symptoms that includes pathological lying; lack of empathy, guilt, and remorse; grandiose sense of self-worth; manipulation; and failure to accept one's actions. But why do psychopaths behave the way they do? Is it the result of their environment— how they were raised—or is there a genetic component to their lack of conscience? This is the question Kiehl, a protégé of famed psychopath researcher Dr. Robert Hare, was determined to answer as he began his career twenty years ago. To aid in his quest to unravel the psychopathic mind, Kiehl created the first



mobile functional MRI scanner to study psychopaths in prison populations. The brains of more than five hundred psychopaths and three thousand other offenders have been scanned by Kiehl's laboratory—the world's largest forensic neuroscience repository of its kind. Over the course of *The Psychopath Whisperer*, we follow the scientific bread crumbs that Kiehl uncovered to show that the key brain structures that correspond with emotional engagement and reactions are diminished in psychopaths, offering new clues to how to predict and treat the disorder. In *The Psychopath Whisperer*, Kiehl describes in fascinating detail his years working with psychopaths and studying their thought processes— from the remorseless serial killers he meets with behind bars to children whose behavior and personality traits exhibit the early warning signs of psychopathy. Less than 1 percent of the general population meets the criteria for psychopathy. But psychopaths account for a vastly outsized proportion of violent crimes. And as Kiehl shows, many who aren't psychopaths exhibit some of the behaviors and traits associated with the condition. What do you do if you discover your roommate, or boss, or the person you are dating has traits that define a psychopath? And what does having a diminished limbic region of the brain mean for how the legal system approaches crimes committed by psychopaths? A compelling narrative of cutting-edge science, *The Psychopath Whisperer* will open your eyes on a fascinating but little understood world, with startling implications for society, the law, and our personal lives.

**The Men on My Couch** Brandy Engler 2012-12-31 WHAT MEN WANT. WHAT MEN FEEL. WHAT WOMEN NEED TO KNOW. When Dr. Brandy Engler opened her sex therapy practice for women in Manhattan, she got a big surprise. Most of the calls were from men. They wanted to talk about womanizing, porn addiction, impotence, prostitutes—and most of all, love. Her patients were everyday guys from all walks of life. Among them were David, the Wall Street hotshot and compulsive womanizer; Charles, an introvert who kept pushing away the fiancée he thought was too beautiful for him; Paul, the self-made man who visited massage parlors despite his sexy wife; and the men's group whose stark revelations about male anger and their search for the right woman will open your eyes. In *The Men on My Couch*, Dr. Engler allows readers inside those private sessions to witness her exciting and evocative encounters with what men desire and fear. Dr. Engler tells her own story, too. At first her patients' revelations are painful and disconcerting, especially against the backdrop of her own difficult love affair. Yet Dr. Engler lets readers experience how she evolves both professionally and personally, from chagrin to compassion, and reconciles her idealized notions of love and sex with the unexpected and raw truths she hears in the office. *The Men on My Couch* is unlike books you've read before. There are no tired facile conclusions or pejorative generalizations. Here are fresh insights into modern sexual maladies, gleaned from real people having real struggles and experiencing real epiphanies—in the real world. This book will change how both women and men think about love, sex, and desire.

Why Love Matters Sue Gerhardt 2014-10-24 *Why Love Matters* explains why loving relationships are essential to brain development in the early years, and how these early interactions can have lasting consequences for future emotional and physical health. This second edition follows on from the success of the first, updating the scientific research, covering recent findings in genetics and the mind/body connection, and including a new chapter highlighting our growing understanding of the part also played by pregnancy in shaping a baby's future emotional and physical well-being. The author focuses in particular on the wide-ranging effects of early stress on a baby or toddler's developing nervous system. When things go wrong with relationships in early life, the dependent child has to adapt; what we now know is that his or her brain adapts too. The brain's emotion and immune systems are particularly affected by early stress and can become less effective. This makes the child more vulnerable to a range of later difficulties such as depression, anti-social behaviour, addictions or anorexia, as well as physical illness.

Dopamine Nation Dr. Anna Lembke 2021-08-24 INSTANT NEW YORK TIMES and LOS ANGELES TIMES BESTSELLER "Brilliant . . . riveting, scary, cogent, and cleverly argued."—Beth Macy, author of *Dopesick*, as heard on *Fresh Air* This book is about pleasure. It's also about pain. Most important, it's about how to find the delicate balance between the two, and why now more than ever finding

balance is essential. We're living in a time of unprecedented access to high-reward, high-dopamine stimuli: drugs, food, news, gambling, shopping, gaming, texting, sexting, Facebooking, Instagramming, YouTubing, tweeting . . . The increased numbers, variety, and potency is staggering. The smartphone is the modern-day hypodermic needle, delivering digital dopamine 24/7 for a wired generation. As such we've all become vulnerable to compulsive overconsumption. In *Dopamine Nation*, Dr. Anna Lembke, psychiatrist and author, explores the exciting new scientific discoveries that explain why the relentless pursuit of pleasure leads to pain . . . and what to do about it. Condensing complex neuroscience into easy-to-understand metaphors, Lembke illustrates how finding contentment and connectedness means keeping dopamine in check. The lived experiences of her patients are the gripping fabric of her narrative. Their riveting stories of suffering and redemption give us all hope for managing our consumption and transforming our lives. In essence, *Dopamine Nation* shows that the secret to finding balance is combining the science of desire with the wisdom of recovery.

Psychopathy Andrea L. Glenn 2014-03-07 A concise overview of the neuropsychology of psychopathy, written in layman's terms The last two decades have seen tremendous growth in biological research on psychopathy, a mental disorder distinguished by traits including a lack of empathy or emotional response, egocentricity, impulsivity, and stimulation seeking. But how does a psychopath's brain work? What makes a psychopath? Psychopathy provides a concise, non-technical overview of the research in the areas of genetics, hormones, brain imaging, neuropsychology, environmental influences, and more, focusing on explaining what we currently know about the biological foundations for this disorder and offering insights into prediction, intervention, and prevention. It also offers a nuanced discussion of the ethical and legal implications associated with biological research on psychopathy. How much of this disorder is biologically based? Should offenders with psychopathic traits be punished for their crimes if we can show that biological factors contribute? The text clearly assesses the conclusions that can and cannot be drawn from existing biological research, and highlights the pressing considerations this research demands.

**Blindsight** Peter Watts 2006-10-03 Hugo and Shirley Jackson award-winning Peter Watts stands on the cutting edge of hard SF with his acclaimed novel, *Blindsight* Two months since the stars fell... Two months of silence, while a world held its breath. Now some half-derelict space probe, sparking fitfully past Neptune's orbit, hears a whisper from the edge of the solar system: a faint signal sweeping the cosmos like a lighthouse beam. Whatever's out there isn't talking to us. It's talking to some distant star, perhaps. Or perhaps to something closer, something en route. So who do you send to force introductions with unknown and unknowable alien intellect that doesn't wish to be met? You send a linguist with multiple personalities, her brain surgically partitioned into separate, sentient processing cores. You send a biologist so radically interfaced with machinery that he sees x-rays and tastes ultrasound. You send a pacifist warrior in the faint hope she won't be needed. You send a monster to command them all, an extinct hominid predator once called vampire, recalled from the grave with the voodoo of recombinant genetics and the blood of sociopaths. And you send a synthesist—an informational topologist with half his mind gone—as an interface between here and there. Pray they can be trusted with the fate of a world. They may be more alien than the thing they've been sent to find. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

*Reaching Down the Rabbit Hole* Dr. Allan H. Ropper 2014-09-30 A top neurologist explains the difficulty of diagnosing brain diseases through such cases as a college quarterback who keeps calling the same play and a salesman who continuously drives around a traffic circle.

The Mind of a Murderer Richard Taylor 2021-01-21 'An intricate and brilliantly written psychiatric perspective on the most perplexing of crimes' Kerry Daynes, author of *The Dark Side of the Mind* 'Beautifully written and very dark' Nimco Ali OBE 'Whodunnit' doesn't matter so much, not to a forensic psychiatrist. We're more interested in the 'why'. In his twenty-six years in the field, Richard Taylor has worked on well over a hundred murder cases, with victims and perpetrators from all walks of life. In this fascinating memoir, Taylor draws on some of the most tragic, horrific and

illuminating of these cases - as well as dark secrets from his own family's past - to explore some of the questions he grapples with every day: Why do people kill? Does committing a monstrous act make someone a monster? Could any of us, in the wrong circumstances, become a killer? As Taylor helps us understand what lies inside the minds of those charged with murder - both prisoners he has assessed and patients he has treated - he presents us with the most important challenge of all: how can we even begin to comprehend the darkest of human deeds, and why it is so vital that we try? *The Mind of a Murderer* is a fascinating exploration into the psyche of killers, as well as a unique insight into the life and mind of the doctor who treats them. For fans of *Unnatural Causes*, *The Examined Life* and *All That Remains*. MORE PRAISE FOR THE MIND OF A MURDERER: 'A fascinating insight into what drives criminality - and a punchy polemic against mental-health service cuts' Jake Kerridge, *Sunday Telegraph* 'A fascinating, well-written and compelling account of the mental state in homicide' Alisdair Williamson, *TLS* 'A dark, fascinating and often surprising glimpse into the minds of those who kill, from a forensic psychiatrist who's seen it all' Rob Williams, writer of BBC's *The Victim* 'An excellent, engaging and honest book, full of interesting, powerful and important observations' Alison Liebling, Professor of Criminology and Criminal Justice, University of Cambridge

**The Psychopath Inside** James Fallon 2014-10-28 "Compelling, essential reading for understanding the underpinnings of psychopathy." — M. E. Thomas, author of *Confessions of a Sociopath* For his first fifty-eight years, James Fallon was by all appearances a normal guy. A successful neuroscientist and professor, he'd been raised in a loving family, married his high school sweetheart, and had three kids and lots of friends. Then he learned a shocking truth that would not only disrupt his personal and professional life, but would lead him to question the very nature of his own identity. While researching serial killers, he uncovered a pattern in their brain scans that helped explain their cold and violent behavior. Astonishingly, his own scan matched that pattern. And a few months later he learned that he was descended from a long line of murderers. Fallon set out to reconcile the truth about his own brain with everything he knew as a scientist about the mind, behavior, and personality.

*Virga Tears* James H. Fallon 2001

*The Ripper Gene* Michael Ransom 2015-08-18 A neuroscientist-turned-FBI-profiler discovers a gene that produces psychopaths in *The Ripper Gene*, a thrilling debut novel from Michael Ransom. Dr. Lucas Madden is a neuroscientist-turned-FBI profiler who first gained global recognition for cloning the ripper gene and showing its dysfunction in the brains of psychopaths. Later, as an FBI profiler, Madden achieved further notoriety by sequencing the DNA of the world's most notorious serial killers and proposing a controversial "damnation algorithm" that could predict serial killer behavior using DNA alone. Now, a new murderer—the Snow White Killer—is terrorizing women in the Mississippi Delta. When Mara Bliss, Madden's former fiancée, is kidnapped, he must track down a killer who is always two steps ahead of him. Only by entering the killer's mind will Madden ultimately understand the twisted and terrifying rationale behind the murders—and have a chance at ending the psychopath's reign of terror. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

*Quantum Night* Robert J. Sawyer 2016-03-01 With such compelling and provocative novels as *Red Planet Blues*, *FlashForward* and *The WWW Trilogy*, Robert J. Sawyer has proven himself to be "a writer of boundless confidence and bold scientific extrapolation" (*New York Times*). Now, the Hugo and Nebula Award-winning author explores the thin line between good and evil that every human being is capable of crossing... Experimental psychologist Jim Marchuk has developed a flawless technique for identifying the previously undetected psychopaths lurking everywhere in society. But while being cross-examined about his breakthrough in court, Jim is shocked to discover that he has lost his memories of six months of his life from twenty years previously—a dark time during which he himself committed heinous acts. Jim is reunited with Kayla Huron, his forgotten girlfriend from his lost period and now a quantum physicist who has made a stunning discovery about the nature of human consciousness. As a rising tide of violence and hate sweeps across the globe, the psychologist

and the physicist combine forces in a race against time to see if they can do the impossible—change human nature—before the entire world descends into darkness.

**Handbook of Psychopathy** Christopher J. Patrick 2018-04-23 Widely considered the go-to reference--and now extensively revised with over 65% new material--this authoritative handbook surveys the landscape of current knowledge on psychopathy and addresses essential clinical and applied topics. Leading researchers explore major theoretical models; symptomatology and diagnostic subtypes; assessment methods; developmental pathways; and causal influences, from genes and neurobiology to environmental factors. The volume examines manifestations of psychopathy in specific populations as well as connections to antisocial behavior and recidivism. It presents contemporary perspectives on prevention and treatment and discusses special considerations in clinical and forensic practice. New to This Edition \*Extensively revised with more than a decade's theoretical, empirical, and clinical advances. \*Many new authors and topics. \*Expanded coverage of phenotypic facets, with chapters on behavioral disinhibition, callous-unemotional traits, and boldness. \*Chapters on DSM-5, clinical interviewing, cognitive and emotional processing, and serial murder. \*Significantly updated coverage of etiology, assessment methods, neuroimaging research, and adult and juvenile treatment approaches.

**Critical Neuroscience** Suparna Choudhury 2016-08-08 Critical Neuroscience: A Handbook of the Social and Cultural Contexts of Neuroscience brings together multi-disciplinary scholars from around the world to explore key social, historical and philosophical studies of neuroscience, and to analyze the socio-cultural implications of recent advances in the field. This text's original, interdisciplinary approach explores the creative potential for engaging experimental neuroscience with social studies of neuroscience while furthering the dialogue between neuroscience and the disciplines of the social sciences and humanities. Critical Neuroscience transcends traditional skepticism, introducing novel ideas about 'how to be critical' in and about science.

**Confessions of a Sociopath** M.E. Thomas 2013-05-14 The memoir of a high-functioning, law-abiding (well, mostly) sociopath and a roadmap—right from the source—for dealing with the sociopath in your life. “[A] gripping and important book . . . revelatory . . . quite the memorable roller coaster ride.”—The New York Times Book Review As M.E. Thomas says of her fellow sociopaths, “We are your neighbors, your coworkers, and quite possibly the people closest to you: lovers, family, friends. Our risk-seeking behavior and general fearlessness are thrilling, our glibness and charm alluring. Our often quick wit and outside-the-box thinking make us appear intelligent—even brilliant. We climb the corporate ladder faster than the rest, and appear to have limitless self-confidence. Who are we? We are highly successful, noncriminal sociopaths and we comprise 4 percent of the American population.” Confessions of a Sociopath—part confessional memoir, part primer for the curious—takes readers on a journey into the mind of a sociopath, revealing what makes them tick while debunking myths about sociopathy and offering a road map for dealing with the sociopaths in your life. M. E. Thomas draws from her own experiences as a diagnosed sociopath; her popular blog, Sociopathworld; and scientific literature to unveil for the very first time these men and women who are “hiding in plain sight.”

## **The Psychopath Inside A Neuroscientist's Personal Journey Into The Dark Side Of The Brain :**

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