JOSEPH LeDoux

Anxious: Using the Brain to Understand and Treat Fear and Anxiety

(1996, 2003) J.E. (at the forefront of research into fear and anxiety) explores the biology behind anxiety disorders and offers a new vocabulary for understanding these disorders. LeDoux’s work opens the door to new therapeutic approaches and presents a comprehensive theory of fear and anxiety—a key insight is the role of different brain regions in feeding back, updating, and regulating fear and anxiety responses.

STEVE SILBERMAN

NeuroTribes: The Legacy of Autism and the Future of Neurodiversity

FOREWORD BY ROGER AIDS

A groundbreaking look at how scientists communicate about autism and propose a future without labels. NeuroTribes is an authoritative and compelling book that explores the complex interplay of biology and culture in the development of autism and other neurodiverse conditions. It offers a deep and nuanced understanding of the variability of human neurodiversity and the lessons we can learn from it.

J. M. COETZEE and ARABELLA KURTZ

The Good Story: Exchanges on Truth, Fiction and Psychotherapy

Drawing on the work of writers like Cervantes and Dostoevsky and psychoanalysts like Freud and Melanie Klein, Coetzee and Kurtz explore the human capacity for self-examination through a dialogue about psychotherapy and the art of storytelling. The authors share insights on the nature of truth, fiction, and imagination as they engage in a thought-provoking conversation about the art of storytelling.

ANIL ANANTHASWAMY

The Man Who Wasn’t There: Tales from the Edge of the Self

Science journalist Ananthaswamy explores connections among brain, body, mind, self, and society by examining a range of neuropsychological ailments—from autism and Alzheimer’s to schizophrenia and epilepsy—that result in a fragmented or altered sense of self. This wide-ranging and imaginative book is a rigorous, in-depth guide to the history, philosophy, and scientific exploration of this profound question about the unity of mind and body.

CLARK ELLIOTT


Drawing on the work of scientists like B. J. Hardy, the author shares his inspiring story of growing up with seemingly insurmountable challenges, receiving a gift that changed his life, achieving remarkable recoveries over a range of neuropsychological ailments, and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy. This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of neuroplasticity and the importance of interdisciplinary collaboration.

JAMES DOTY

Neurosurgeon James Doty shares his inspiring story of growing up with seemingly insurmountable challenges, receiving a gift that changed his life, achieving remarkable recoveries over a range of neuropsychological ailments, and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy. This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of neuroplasticity and the importance of interdisciplinary collaboration.

PENGUIN PUBLISHING GROUP
“Coetzee’s writing is characteristically spare and penetrating....Kurtz proves both a lucid and critical reader of Coetzee’s work.”—Jonathan Yardley, The Washington Post

"A wide range of engrossing...stories elegantly weaving together insights from psychology, psychiatry, and neuroscience. An informative...tour of some profound questions about human nature."—David Poeppel, New York University

“Explores the nature of the self by way of several mental conditions that eat away at patients’ lives. “—Clark Elliott, University of Michigan

The Man Who Wasn’t There: Tales from the Edge of the Self
DANIEL M. WEGNER and KURT GRAY
DUTTON PAPERBACK • 320 PAGES • 978-1-101-98432-1 • $16.00

This story of one man’s quest comes from a conversation with the self, an understanding of the self, and a confrontation with the self. It offers a new way to look at the self as a kind of mind, unburdened with worries of morality, shape, and experience. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.

The Man Who Wasn’t There: Tales from the Edge of the Self
JAMES DOTY
PENGUIN PAPERBACK • 448 PAGES • 978-0-14-312837-3 • $18.00

“Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart”
JAMES DOTY
AVERY HARDCOVER • 288 PAGES • 978-1-59463-298-3 • $26.00

This exploration of neuroplasticity describes natural, noninvasive avenues into the brain provided by energy—light, sound, touch, and taste. The author describes how he used these techniques to help patients recover from a variety of disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy.

This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of mind over body. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.

The Man Who Wasn’t There: Tales from the Edge of the Self
JAMES DOTY
PENGUIN PAPERBACK • 448 PAGES • 978-0-14-312837-3 • $18.00

“Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart”
JAMES DOTY
AVERY HARDCOVER • 288 PAGES • 978-1-59463-298-3 • $26.00

This exploration of neuroplasticity describes natural, noninvasive avenues into the brain provided by energy—light, sound, touch, and taste. The author describes how he used these techniques to help patients recover from a variety of disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy.

This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of mind over body. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.

The Man Who Wasn’t There: Tales from the Edge of the Self
JAMES DOTY
PENGUIN PAPERBACK • 448 PAGES • 978-0-14-312837-3 • $18.00

“Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart”
JAMES DOTY
AVERY HARDCOVER • 288 PAGES • 978-1-59463-298-3 • $26.00

This exploration of neuroplasticity describes natural, noninvasive avenues into the brain provided by energy—light, sound, touch, and taste. The author describes how he used these techniques to help patients recover from a variety of disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy.

This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of mind over body. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.

The Man Who Wasn’t There: Tales from the Edge of the Self
JAMES DOTY
PENGUIN PAPERBACK • 448 PAGES • 978-0-14-312837-3 • $18.00

“Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart”
JAMES DOTY
AVERY HARDCOVER • 288 PAGES • 978-1-59463-298-3 • $26.00

This exploration of neuroplasticity describes natural, noninvasive avenues into the brain provided by energy—light, sound, touch, and taste. The author describes how he used these techniques to help patients recover from a variety of disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy.

This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of mind over body. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.

The Man Who Wasn’t There: Tales from the Edge of the Self
JAMES DOTY
PENGUIN PAPERBACK • 448 PAGES • 978-0-14-312837-3 • $18.00

“Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart”
JAMES DOTY
AVERY HARDCOVER • 288 PAGES • 978-1-59463-298-3 • $26.00

This exploration of neuroplasticity describes natural, noninvasive avenues into the brain provided by energy—light, sound, touch, and taste. The author describes how he used these techniques to help patients recover from a variety of disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy.

This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of mind over body. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.

The Man Who Wasn’t There: Tales from the Edge of the Self
JAMES DOTY
PENGUIN PAPERBACK • 448 PAGES • 978-0-14-312837-3 • $18.00

“Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart”
JAMES DOTY
AVERY HARDCOVER • 288 PAGES • 978-1-59463-298-3 • $26.00

This exploration of neuroplasticity describes natural, noninvasive avenues into the brain provided by energy—light, sound, touch, and taste. The author describes how he used these techniques to help patients recover from a variety of disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy.

This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of mind over body. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.

The Man Who Wasn’t There: Tales from the Edge of the Self
JAMES DOTY
PENGUIN PAPERBACK • 448 PAGES • 978-0-14-312837-3 • $18.00

“Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart”
JAMES DOTY
AVERY HARDCOVER • 288 PAGES • 978-1-59463-298-3 • $26.00

This exploration of neuroplasticity describes natural, noninvasive avenues into the brain provided by energy—light, sound, touch, and taste. The author describes how he used these techniques to help patients recover from a variety of disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy.

This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of mind over body. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.

The Man Who Wasn’t There: Tales from the Edge of the Self
JAMES DOTY
PENGUIN PAPERBACK • 448 PAGES • 978-0-14-312837-3 • $18.00

“Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart”
JAMES DOTY
AVERY HARDCOVER • 288 PAGES • 978-1-59463-298-3 • $26.00

This exploration of neuroplasticity describes natural, noninvasive avenues into the brain provided by energy—light, sound, touch, and taste. The author describes how he used these techniques to help patients recover from a variety of disorders; and found relief from symptoms of autism, multiple sclerosis, Parkinson’s disease, and cerebral palsy.

This story of one man’s recovery from a concussion with the help of an optometrist is a testament to the power of mind over body. It is a story of a self, a self that is different from our own, a self that is not bound by our experiences, our memories, or our emotions. It is a story that questions the very nature of the self, and it is a story that offers hope for those who are searching for a deeper understanding of the self.
In reality, we understand little about what goes on in the minds of others, even those we think we know best. Psychologists Wegner and Gray...explore these uncertainties, weaving together personal anecdotes and research on human behavior and perception to try to unravel the mysteries of the mind. “A rare opportunity to understand the mind of a writer who almost never speaks at length in print.” —The New Republic

If we could only mind read, we would know how our first date or job interview really went. “If we could only mind read, we would know how our first date or job interview really went. “A comprehensive history of the science and culture surrounding autism studies….An essential resource.” —Nature


The founder and director of Stanford University’s Center for Compassion and Altruism Research and Education shares how an act of kindness inspired his life’s work as a neurosurgeon and philanthropist. "A rare opportunity to understand the mind of a writer who almost never speaks at length in print. "—The New Republic

"The founder and director of Stanford University’s Center for Compassion and Altruism Research and Education shares how an act of kindness inspired his life’s work as a neurosurgeon and philanthropist. "—The New Republic

"The founder and director of Stanford University’s Center for Compassion and Altruism Research and Education shares how an act of kindness inspired his life’s work as a neurosurgeon and philanthropist. "—The New Republic

"The founder and director of Stanford University’s Center for Compassion and Altruism Research and Education shares how an act of kindness inspired his life’s work as a neurosurgeon and philanthropist. "—The New Republic
NEW TITLES • PSYCHOLOGY

SHERRY TURKLE
Reclaiming Conversation: The Power of Talk in a Digital Age
A new framework for understanding talk in a digital age and the human needs it supports.

JANE McGONIGAL
SuperBetter: The Power of Living Happily
Using games to live better, happier lives. McGonigal’s work has been featured in the New York Times.

DAVID J. LINDEN
Touch: The Science of Hand, Heart, and Mind
A comprehensive look at the science of human touch, from its biological origins to its role in our lives.

SUSAN DAVIS
Emotional Agility
A self-help guide on how to manage and work with emotions to achieve meaningful change.

ELI SANDERS
While the City Sleeps: A Love Lost in Violence and a Fight for Life at a Mental Health Clinic in America
A harrowing true story from the front lines of the mental health crisis.

JOANNE RUTHS ATZ and KIMBERLY STEPHENs
The Provocative Power of Mindfulness: How to avoid the trap of overthinking and make better decisions. Mindfulness can be a powerful tool for achieving goals.

DALE ARCHER
The ADHD Advantage
This book offers a fresh approach to managing attention-deficit/hyperactivity disorder.

MARK WOLYNN
Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life
A practical guide for parents on how to help their children manage stress and emotions.

Marilyn Wedge
A Disease Called Childhood
A revealing account of the struggles and triumphs of the author’s daughter, who was diagnosed with autism.

ROSAmund STONE ZANDER
Pathways to Possibility
Transforming the neural pathways that control our behavior and emotions.

Scott Barry Kaufman and Carolyn Gregoire
Wired to Create: Unraveling the Mysteries of the Creative Mind
A neuroscientist and a psychologist team up to explain the science behind creativity.

AMY BANKS with LEANN HIRSCHEM
Wired to Connect: The Surprising Link Between Brain, Body and Digital Technology
An insider’s guide to how technology affects our brains and bodies.

Sherry Turkle
Reclaiming Conversation: The Power of Talk in a Digital Age
How talk and connection can transform our minds and hearts.

Jane McGonigal
SuperBetter: The Power of Living Happily
A new perspective on how to make your life better, happier and more connected.

David J. Linden
Touch: The Science of Hand, Heart, and Mind
A science writer’s comprehensive look at the science of human touch, from its biological origins to its role in our lives.

Susan Davis
Emotional Agility
A self-help guide on how to manage and work with emotions to achieve meaningful change.

Eli Sanders
While the City Sleeps: A Love Lost in Violence and a Fight for Life at a Mental Health Clinic in America
A harrowing true story from the front lines of the mental health crisis.

Joanne Ruthsatz and Kimberly Stephens
The Provocative Power of Mindfulness: How to avoid the trap of overthinking and make better decisions. Mindfulness can be a powerful tool for achieving goals.

Dale Archer
The ADHD Advantage
This book offers a fresh approach to managing attention-deficit/hyperactivity disorder.

Mark Wolyynn
Self-Reg: How to Help Your Child (and You) Break the Stress Cycle and Successfully Engage with Life
A practical guide for parents on how to help their children manage stress and emotions.

Marilyn Wedge
A Disease Called Childhood
A revealing account of the struggles and triumphs of the author’s daughter, who was diagnosed with autism.

Rosamund Stone Zander
Pathways to Possibility
Transforming the neural pathways that control our behavior and emotions.

Scott Barry Kaufman and Carolyn Gregoire
Wired to Create: Unraveling the Mysteries of the Creative Mind
A neuroscientist and a psychologist team up to explain the science behind creativity.

Amy Banks with Leann Hirschman
Wired to Connect: The Surprising Link Between Brain, Body and Digital Technology
An insider’s guide to how technology affects our brains and bodies.
NEW TITLES • PSYCHOLOGY

SHERRY TURKLE
Reclaiming Conversation: The Power of Talk in a Digital Age

SuperBetter: The Power of Living Safely

JANE Mcgonigal
Life is a game in a world where games are everywhere. How do we live better in a new culture of play? This book will make you step back and think. Daniel Pink, author of Drive

DAVID J. LINDEN
Touch: The Science of Hand, Heart, and Mind

SUSAN DAVID
Emotional Agility: Set Unteach, Embrace Change, and Thrive in Work and Life

ELI SANDERS
While the City Slept: A Love Lost to Violence

JOANNE RUTHSATZ and KIMBERLY STEPHENSON
The Family Link Between Autism and Extraordinary Talent

DALE ARCHER
The ADHD Advantage

MARK WOLYNN
A Disease Called Childhood

ROSAMUND STONE ZANDER
Transforming Our Relationship with Ourselves, Each Other, and the World

AKIKUR MOHAMMAD
The Anatomy of Addiction

ANDREW NEWBERG and CAROLYN GREGOIRE
Wired to Connect: The Surprising Link Between How Enlightenment Changes Your Brain

ANDEW NEWBERG and MARK ROBERT WALDMAN
How Enlightenment Changes Your Brain

SHERRY TURKLE
Self-Reg: How to Help Your Child (and You) Break Unstuck, Embrace Change, and Thrive in Work and Life

STUART SHANKER
Self-Reg: How to Help Your Child Break the Stress Cycle and Successfully Engage with Life

WIRELESS TITLES

CAROLYN GREGOIRE
Teaching us to rewire our brains for more fulfilling lives, this groundbreaking book provides

TARCHER PERIGEE HARDCOVER • 272 PAGES • 978-1-101-98183-2 • $27.00

ANDREW NEWBERG and ANDREW NEWBERG
The Anatomy of Addiction

ROSAMUND STONE ZANDER
Teaching us to rewire our brains for more fulfilling lives, this groundbreaking book provides

TARCHER PERIGEE HARDCOVER • 272 PAGES • 978-1-101-98183-2 • $27.00

PROMO CODE: P2PSY
QUESTIONS? CONTACT US: ACADEMIC@PENGUIN.COM

NEW TITLES • PSYCHOLOGY
NEW TITLES • PSYCHOLOGY

SHERRY TURKLE
Reclaiming Conversation: The Power of Talk in a Digital Age
Superstar: The Power of Personal Charm

JANE Mcgonigal
SuperBetter: The Power of Living Gamely

DAVID J. LINDEN
Touch: The Science of Hand, Heart, and Mind

SUSAN DAVID
Emotional Agility

ELI SANDERS
While the City Sleeps: A Love Lost in Violence and a Mafia Trial for Mental Health in America

JOANNE RUTHSATZ and KIMBERLY STEPHENS
The Family Link Between Autism and Extraordinary Talent

DALE ARCHER
The ADHD Advantage

STUART SHANKER
Self-Reg: Toronto mom who beat Down the Stress Cycle and Successfully Engage with Life

MARK WOLYNN
It Didn’t Start With You: How Inherited Family Trauma Affects Us and How to End the Cycle

MARK ROBERT WALDMAN
Wired to Create: Unraveling the Mysteries of the Creative Mind

ROSAMUND STONE ZANDER
How Enlightenment Changes Your Brain

ANDREW NEWBERG and MARK ROBERT WALDMAN
The New Science of Transformation

SCOTT BARRY KAUFMAN and CAROLYN GREGOIRE
Wired to Create: Unraveling the Mysteries of the Creative Mind

AKIKUR MOHAMMAD
The Anatomy of Addiction

AMY BANKS with LEANN HIRSCHEM
Wired to Connect: The Surprising Links Between Brain, Heart, Body, and Social Health

For faster and more accurate ordering, use our online form:
www.penguin.com/examcopyorder

www.penguin.com/examcopyorder