

Untangling the Mind: Why We Behave the Way We Do

By David Theodore George, Lisa Berger

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Don't let emotions—your own, or someone else's—control your life!

Feeling extreme emotion is part of being human. We may feel overwhelming joy at the birth of a child, crippling terror at the sight of an intruder in our home, or unbearable sadness upon the death of a loved one. While we may be surprised at the force of our feelings, they are normal and are not a cause for concern. What's concerning is when strong emotions cause us to spin out of control and make us behave in ways we later wish we hadn't.

In *Untangling the Mind*, Dr. George explains how to:

- Identify the difference between a legitimate emotional reaction and a pathological one
- Understand the biological basis of your hard-wired reactions
- Recognize why your distress is caused by a neurological malfunction

Dr. George, a psychiatrist, has accessed the most cutting-edge technology, such as fMRI, facial analysis, PET scans, and chemical infusions. With this technology, he is able to provide a deep understanding of the inner workings of the brain that can portray a clear picture of what happens—chemically and physically—when we get depressed, act out, or fall into an addiction. Once we understand what happens, we can start to live a calmer, more harmonious life.

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Editorial Review

About the Author

Ted George, M.D., board-certified in psychiatry and internal medicine, is an associate clinical director at the National Institutes of Health in Bethesda, Maryland, and a clinical professor of psychiatry at George Washington University School of Medicine. Dr. George has presented before numerous professional groups, such as the American Psychiatric Association, American Neuropsychiatric Association, and the American College of Neuropsychopharmacology.

Lisa Berger has written numerous popular nonfiction books, most of which deal with psychiatry, mental illness, and neuroscience.

Users Review

From reader reviews:

Anita Pfeifer:

Spent a free time to be fun activity to complete! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Might be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled Untangling the Mind: Why We Behave the Way We Do can be fine book to read. May be it is usually best activity to you.

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James Waddell:

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