



## I am Your Mirror: Mirror Neurons & Empathy

By Matteo Rizzato, Davide Donelli

Blossoming Books. Paperback. Condition: new. BRAND NEW, I am Your Mirror: Mirror Neurons & Empathy, Matteo Rizzato, Davide Donelli, Discovered by Professor Giacomo Rizzolatti -- who has already been nominated for the Nobel Prize and who is the author of the preface to this book -- mirror neurons are one of the most exciting findings of contemporary neurology. To cut a long story short, they are nothing less than the scientific explanation of our capacity to show empathy. But are you perhaps worried that reading some complex explanations as to the mechanisms of the human brain could become a somewhat frustrating experience? This book represents a pleasant surprise: written with a view to explaining some potentially difficult scientific issues to a non-specialised readership, it goes further still and makes us reflect on the importance of this awareness in our daily life, on how easy it is to affect (or be affected by) others attitudes and behaviour, on the imitating mechanisms that keep us connected with our ancestors, the primates, and on what it means to be social animals like us, who are born to interact with others.



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