



## The Empathic Brain

By Christian Keysers

Social Brain Press. Paperback. Condition: New. 248 pages. Dimensions: 8.5in. x 5.5in. x 0.7in. Your heart beats faster as you watch a tarantula crawl on James Bonds chest in the movie Dr No, your hands sweat and your skin tingles under the spiders legs. You feel scared, tense, and finally relieved when Bond manages to escape the danger. We are essentially empathic. But what is empathy How does your brain enable you to feel so much of what 007 is feeling How do you connect with people in real life, people you love or even strangers In this book, you will visit leading labs to find your own answers. The journey starts where mirror neurons were discovered. The door of a lab in Parma, Italy, opens to reveal that your motor system not only controls your own body - it becomes automatically activated each time you see others move. A little later, you lie down on a bed and slowly move into the bore of a brain scanner in Marseille, becoming a subject in an experiment that will show how your own sensations and emotions are automatically triggered while you witness those of others. These experiments unravel the mirror in our...



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