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Top Brain, Bottom Brain: Surprising Insights into How You Think (Hardback)

By Stephen Kosslyn, G. Wayne Miller

SIMON SCHUSTER, United States, 2014. Hardback. Condition: New. Language: English . Brand New Book. For the past fifty years, popular culture has led us to believe in the left brain vs. right brain theory of personality types. Right-brain people, we've been told, are artistic, intuitive, and thoughtful, while left-brain people tend to be more analytical, logical, and objective. It would be an illuminating theory if it did not have one major drawback: It is simply not supported by science. With cowriter G. Wayne Miller, Dr. Stephen M. Kosslyn, a celebrated psychologist and leader in the field of cognitive neuroscience, explains an exciting new theory of the brain for the first time, putting the right-left debate to rest at last. Explaining his extensive research in an inviting and accessible way, Kosslyn describes how the human brain uses patterns of thought that can be identified and understood through four cognitive styles: Mover, Adaptor, Stimulator, and Perceiver. These ways of thinking and behaving shape your personality, and with the scientifically developed test provided in the book, you'll quickly be able to determine which role best defines you, just as Myers-Briggs is an almost universally referred to personality test. Once you ve...



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This is basically the very best publication i actually have go through until now. It really is loaded with knowledge and wisdom I realized this publication from my i and dad encouraged this publication to discover.

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