

In this groundbreaking contribution to the literature on human personality, a celebrated psychologist and an award-winning author offer a novel way to learn about how each of us thinks. For the past fifty years, popular culture has led us to believe in the left brain vs. right brain theory of personality types. It would be an illuminating theory if it did not have one major drawback: It is simply not supported by science. In contrast, the Top Brain, Bottom Brain theory is based on solid research that has stayed within the confines of labs all over the world?until now. With cowriter G. Wayne Miller, Stephen M. Kosslyn, PhD, a leader in the field of cognitive neuroscience, explains this exciting new theory for the first time. Kosslyn and Miller describe how the top and bottom parts of the brain work together, summarizing extensive research with ease and accessibility. In doing so, they introduce us to four modes of thought: Mover, Perceiver, Stimulator, and Adaptor. These ways of thinking and behaving shape your personality, and with the scientifically developed test provided in the audiobook, youâ€™ll quickly be able to determine which mode best defines your dominant way of thinking. Once youâ€™ve identified your dominant cognitive mode, you can reflect on the many possible practical applications from the way you conduct business to your relationships to your voyage of personal discovery.

Top Brain, Bottom Brain has ratings and 35 reviews. Richard said: There's potentially a lot of promise behind this book, but as of today, it isn't co. The idea that the brain is divided between its two halves, the analytical left and more creative right, seems established as scientific fact. Presenting extensive research in an inviting and accessible way, Kosslyn and Miller describe how the human brain uses patterns of thought that can be. Top Brain, Bottom Brain: Surprising Insights Into How You Think. Stephen Kosslyn and G. Wayne Miller. Many people still think that people can be â€œright-brainedâ€•.

One of the world's leading neuroscientists teams up with an accomplished writer to debunk the popular left-brain/right-brain theory and offer an.

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Top Brain, Bottom Brain Surprising Insights Into How You Think. By: Kosslyn and Miller describe how the top and bottom parts of the brain work together.

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