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The Well-Tuned Brain: The Remedy for a Manic Society

By Peter C. Whybrow

WW Norton & Co. Paperback. Book Condition: new. BRAND NEW, The Well-Tuned Brain: The Remedy for a Manic Society, Peter C. Whybrow, The Well-Tuned Brain is a call to action. Swept along by the cascading advances of today's technology, most of us take for granted that progress brings improvement. Despite spectacular material advance, however, the evidence grows that we are failing to create a sustainable future for humanity. We are out of tune with the planet that nurtures us. Technology itself is not the problem, as Whybrow explains, but rather our behavior. Throughout its evolution the ancient brain that guides us each day has been focused on short-term survival. But fortunately we are intensely social creatures. Without the caring behaviors that flow from intimate attachments to others, we would be relying on a brain that is only marginally adapted to the complexity of the problems we must now face together. Today we must grapple with survival, not in its immediacy but over the long term. The first step in finding our way forward is to reexamine who we are as creatures of this planet. To this end, Whybrow takes us on a fascinating tour of self-discovery, drawing extensively upon his...



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