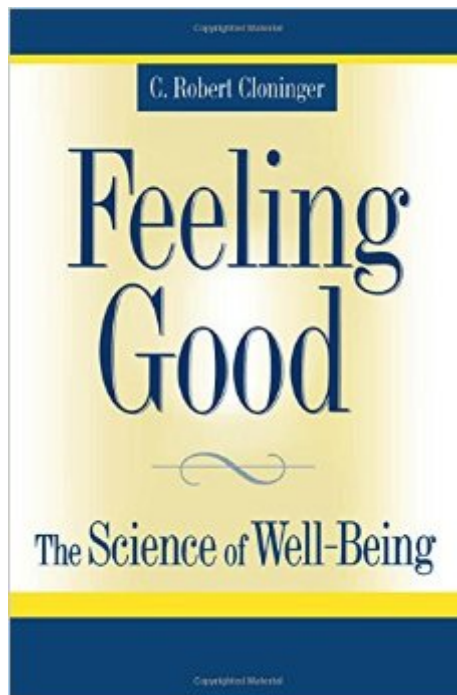


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# Feeling Good: The Science Of Well-Being



## Synopsis

All human beings have spontaneous needs for happiness, self-understanding, and love. In *Feeling Good: The Science of Well Being*, psychiatrist Robert Cloninger describes a way to coherent living that satisfies these strong basic needs through growth in the uniquely human gift of self-awareness. The scientific findings that led Dr. Cloninger to expand his own views in a stepwise manner during 30 years of research and clinical experience are clearly presented so that readers can consider the validity of his viewpoint for themselves. The principles of well-being are based on a non-reductive scientific paradigm that integrates findings from all the biomedical and psychosocial sciences. Reliable methods are described for measuring human thought and social relationships at each step along the path of self-aware consciousness. Practical mental exercises for stimulating the growth of self-awareness are also provided. The methods are supported by data from brain imaging, genetics of personality, and longitudinal biopsychosocial studies. *Feeling Good: The Science of Well-Being* will be of value to anyone involved in the sciences of the mind or the treatment of mental disorders. It will also interest theologians, philosophers, social scientists, and lay readers because it provides contemporary scientific concepts and language for addressing the perennial human questions about being, knowledge, and conduct.

## Book Information

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## Customer Reviews

Given the title and subtitle of the book, the positive reviews, and the credentials of Dr. Cloninger, I was surprised by his many references to quantum physics, non-causal and non-local phenomenon,

and his attempt to use these to explain consciousness and mental states. I was also surprised by the polemical nature of it. Readers with a background in quantum physics may be put off by his extensive reliance on quantum physics. He seems unaware of the concept of decoherence; of the smallness of Heisenberg's number; of conditions required for certain phenomenon (e.g., non-locality) to be observable. That he can find physicists to quote does not indicate that these quotes are consistent with the views of a majority of physicists, or that his use of terms is appropriate. A second edition may be improved if Cloninger reads "Decoherence and the Appearance of a Classical World in Quantum Theory," by E. Joos, et al. (2003). However, omitting the references to quantum physics and instead focusing on the psychological problems would help more. Cloninger's book has many statements with a flavor such as (p. 197), "Such phenomenon as noncausality and nonlocality were so contrary to everyday experience that physicists . . . were forced to undergo a revolution in their thinking . . . Now these phenomenon are firmly established experimentally in physics. Nevertheless, many conservative psychologists, neuroscientists, and philosophers of mind continue to think in terms of classical physics." He seems to think such statements free him to apply terminology of quantum physics to the brain in an imaginative and poetic fashion. Cloninger recognizes the importance of experiences that may be termed "oceanic feelings." He includes useful discussions of meditation.

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