

Access Free The Age Of  
Empathy Natures Lessons For  
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# The Age Of Empathy Natures Lessons For A Kinder Society

**"This thought-provoking  
volume offers**

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psychological perspectives on the formation of empathy and how this determines both antisocial and prosocial behaviors in individuals. It offers a theoretically grounded and

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empirically proven  
integrated approach,  
helping readers gain a  
holistic understanding of  
human nature, and the need  
for empathic interaction  
between people. Larysa

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Zhuravlova and Oleksiy  
Chebykin study the  
evolution of empathy,  
peculiarities from birth  
to old age, and its role  
in the moral and spiritual  
development of a person.

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Key sections explore:

Theoretical and  
methodological principles  
of empathy research;  
genesis and development of  
human empathy;  
phylogenetic preconditions

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for empathy; psychological features of the ontogenesis of empathy; key factors in personality development and the experimental study of empathy. Considering a

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vision for a society based on empathic relationships, which could be a deterrent to discrimination, help resolve problems of environmental issues, harmonize interpersonal

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relationships and resolve  
conflict, this new text is  
for advanced students of  
developmental, and  
educational psychology"--  
Can horses feel shame? Do  
deer grieve? Why do



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roosters deceive hens? We  
tend to assume that we are  
the only living things  
able to experience  
feelings but have you ever  
wondered what's going on  
in an animal's head? From

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the leafy forest floor to  
the inside of a bee hive,  
The Inner Life of Animals  
opens up the animal  
kingdom like never before.  
We hear the stories of a  
grateful humpback whale,

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of a hedgehog who has  
nightmares, and of a  
magpie who commits  
adultery; we meet bees  
that plan for the future,  
pigs who learn their own  
names and crows that go

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tobogganing for fun. And  
at last we find out why  
wasps exist.

Why do we do the things we  
do? Over a decade in the  
making, this game-changing  
book is Robert Sapolsky's

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genre-shattering attempt to answer that question as fully as perhaps only he could, looking at it from every angle. Sapolsky's storytelling concept is delightful but it also has

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a powerful intrinsic logic: he starts by looking at the factors that bear on a person's reaction in the precise moment a behavior occurs, and then hops back in time

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from there, in stages,  
ultimately ending up at  
the deep history of our  
species and its genetic  
inheritance. And so the  
first category of  
explanation is the

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neurobiological one. What goes on in a person's brain a second before the behavior happens? Then he pulls out to a slightly larger field of vision, a little earlier in time:



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What sight, sound, or  
smell triggers the nervous  
system to produce that  
behavior? And then, what  
hormones act hours to days  
earlier to change how  
responsive that individual

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is to the stimuli which  
trigger the nervous  
system? By now, he has  
increased our field of  
vision so that we are  
thinking about  
neurobiology and the

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sensory world of our environment and endocrinology in trying to explain what happened. Sapolsky keeps going--next to what features of the environment affected that

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person's brain, and then back to the childhood of the individual, and then to their genetic makeup. Finally, he expands the view to encompass factors larger than that one

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individual. How culture  
has shaped that  
individual's group, what  
ecological factors helped  
shape that culture, and on  
and on, back to  
evolutionary factors

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thousands and even  
millions of years old. The  
result is one of the most  
dazzling tours de horizon  
of the science of human  
behavior ever attempted, a  
majestic synthesis that

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harvests cutting-edge  
research across a range of  
disciplines to provide a  
subtle and nuanced  
perspective on why we  
ultimately do the things  
we do...for good and for

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ill. Sapolsky builds on this understanding to wrestle with some of our deepest and thorniest questions relating to tribalism and xenophobia, hierarchy and competition,



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morality and free will,  
and war and peace. Wise,  
humane, often very funny,  
Behave is a towering  
achievement, powerfully  
humanizing, and downright  
heroic in its own right.

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Why do we give a damn about strangers? Altruism is unique to the human species. It is also one of the great evolutionary puzzles, and we may be on the brink of solving it.

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It turns out that, over the last 12,000 years, we have become more and more altruistic. This is despite the fact that, the majority of the time, our minds are still

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breathtakingly indifferent  
to the welfare of others.  
In solving the enigma of  
generosity in a world of  
strangers, McCullough  
takes us on a sweeping  
history of society and

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science to warn that, if we are not careful, our instincts and sympathies have as much potential for harm as for good. The bad news is that we are not designed to be kind. The

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good news is that we can  
push ourselves to be kind  
anyway, together.

The Science of Evil

The Promise of Adolescence

Leading Analysts Present

Their Work

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Humankind

Raising Emotional  
Intelligence in Ourselves  
and Our Kids--from  
Toddlers to Teenagers  
From Bench to Bedside  
Realizing Opportunity for

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## **All Youth**

A leading cognitive scientist argues that a human sense of morality is genetically innate, drawing on years of original research at Yale to challenge psychological beliefs and explain how morality is a limited behavior that is subject to a natural



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hatred of different groups and a species-unique capacity for reason. In *Strange Natures*, Nicole Seymour investigates the ways in which contemporary queer fictions offer insight on environmental issues through their performance of a specifically queer understanding of

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nature, the nonhuman, and environmental degradation. By drawing upon queer theory and ecocriticism, Seymour examines how contemporary queer fictions extend their critique of "natural" categories of gender and sexuality to the nonhuman natural world, thus

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constructing a queer environmentalism. Seymour's thoughtful analyses of works such as Leslie Feinberg's *Stone Butch Blues*, Todd Haynes's *Safe*, and Ang Lee's *Brokeback Mountain* illustrate how homophobia, classism, racism, sexism, and xenophobia inform

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dominant views of the environment and help to justify its exploitation. Calling for a queer environmental ethics, she delineates the discourses that have worked to prevent such an ethics and argues for a concept of queerness that is attuned to environmentalism's urgent futurity,

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and an environmentalism that is attuned to queer sensibilities. Working at the local processing plant, Marcos is in the business of slaughtering humans—though no one calls them that anymore. His wife has left him, his father is sinking into dementia, and Marcos tries not to

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think too hard about how he makes a living. After all, it happened so quickly. First, it was reported that an infectious virus has made all animal meat poisonous to humans. Then governments initiated the “Transition.” Now, eating human meat—“special meat”—is legal.

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Marcos tries to stick to numbers, consignments, processing. Then one day he's given a gift: a live specimen of the finest quality. Though he's aware that any form of personal contact is forbidden on pain of death, little by little he starts to treat her like a human being. And soon, he

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becomes tortured by what has been lost—and what might still be saved. An award-winning psychologist draws on years of research to unveil “a simple but persuasive hypothesis for a new way to think about evil.”  
—New York Times How can we explain both cruelty and kindness?



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To award-winning psychologist Simon Baron-Cohen, the explanation for cruelty is low levels of empathy, and the explanation for kindness is high levels of empathy. In *The Science of Evil*, Baron-Cohen draws on decades of research to develop a new, brain-based theory of human

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cruelty and kindness. He explores the social and biological factors that can influence our empathy levels, explains the key distinction between cognitive and affective forms of empathy, and shows how low empathy can lead to dehumanizing behavior. Featuring a new

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introduction by the author, The Science of Evil will continue to challenge our understanding of human cruelty.

Parenting Matters

A Complete Guide to Life's Most Essential Skill

The Better Angels of Our Nature

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Feminism and the Mastery of Nature  
Good Natured

On Empathy and the Origins of  
Cruelty

Empathy

Recent work on empathy theory,  
research, and applications, by  
scholars from disciplines

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ranging from neuroscience to psychoanalysis. There are many reasons for scholars to investigate empathy. Empathy plays a crucial role in human social interaction at all stages of life; it is thought to help motivate

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positive social behavior, inhibit aggression, and provide the affective and motivational bases for moral development; it is a necessary component of psychotherapy and patient-physician interactions. This

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volume covers a wide range of topics in empathy theory, research, and applications, helping to integrate perspectives as varied as anthropology and neuroscience. The contributors discuss the evolution of empathy

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within the mammalian brain and the development of empathy in infants and children; the relationships among empathy, social behavior, compassion, and altruism; the neural underpinnings of empathy;



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cognitive versus emotional empathy in clinical practice; and the cost of empathy. Taken together, the contributions significantly broaden the interdisciplinary scope of empathy studies, reporting on

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current knowledge of the evolutionary, social, developmental, cognitive, and neurobiological aspects of empathy and linking this capacity to human communication, including in

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clinical practice and medical  
education.

INSTANT NEW YORK TIMES  
BESTSELLER A NEW YORK  
TIMES NOTABLE BOOK OF 2018  
ONE OF THE ECONOMIST'S  
BOOKS OF THE YEAR "My new

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favorite book of all time." --Bill Gates If you think the world is coming to an end, think again: people are living longer, healthier, freer, and happier lives, and while our problems are formidable, the solutions lie in

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the Enlightenment ideal of using reason and science. By the author of the new book, Rationality. Is the world really falling apart? Is the ideal of progress obsolete? In this elegant assessment of the

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human condition in the third millennium, cognitive scientist and public intellectual Steven Pinker urges us to step back from the gory headlines and prophecies of doom, which play to our psychological biases.

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Instead, follow the data: In seventy-five jaw-dropping graphs, Pinker shows that life, health, prosperity, safety, peace, knowledge, and happiness are on the rise, not just in the West, but worldwide. This progress is

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not the result of some cosmic force. It is a gift of the Enlightenment: the conviction that reason and science can enhance human flourishing. Far from being a naïve hope, the Enlightenment, we now know,



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has worked. But more than ever, it needs a vigorous defense. The Enlightenment project swims against currents of human nature--tribalism, authoritarianism, demonization, magical thinking--which

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demagogues are all too willing to exploit. Many commentators, committed to political, religious, or romantic ideologies, fight a rearguard action against it. The result is a corrosive fatalism and a willingness to wreck the

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precious institutions of liberal democracy and global cooperation. With intellectual depth and literary flair, Enlightenment Now makes the case for reason, science, and humanism: the ideals we need to

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confront our problems and continue our progress.

"New York Times best-selling author and world-renowned primatologist Frans de Waal explores sex and gender in both humans and other animals.

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Though many scholars now argue that gender differences are purely a product of socialization, primatologist Frans de Waal illustrates in *Different* the scientific, evolutionary basis for gender differences in humans,

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drawing on his decades of experience working with our closest ape relatives: chimpanzees and bonobos. De Waal illuminates their behavioral and biological differences, and compares and contrasts them

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with human behavior: male domination and territoriality in chimpanzees and the female-led pacific society of bonobos. In his classic conversational style and a narrative rich in anecdotes and wry observations, de Waal

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tackles topics including gender identity, sexuality, gender-based violence, same-sex rivalry, homosexuality, friendship, and nurturance. He reveals how evolutionary biology can inform a more nuanced-and equitable-



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cultural understanding of gender. Ultimately, he argues, our two nearest primate relatives are equally close to us, and equally relevant. Considering all available evidence, we can learn much about ourselves and

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embrace our similarities as well as our differences"--

A renowned primatologist argues that ethical behavior witnessed in animals is the evolutionary and biological origin of human fairness and explains that

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morality has more to do with  
natural instincts than with  
religion. 30,000 first printing.  
The Origins of Good and Evil  
Nature's Lessons for a Kinder  
Society  
and ditches, dykes and dry stone

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walls

The Ghost Tree

A Natural History of the  
Hedgerow

The Bonobo and the Atheist: In  
Search of Humanism Among the  
Primates

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On Human Nature

Confident Parents, Confident Kids  
lays out an approach for helping  
parents—and the kids they love—hone  
their emotional intelligence so that  
they can make wise choices, connect  
and communicate well with others

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(even when patience is thin), and become socially conscious and confident human beings. How do we raise a happy, confident kid? And how can we be confident that our parenting is preparing our child for success? Our confidence develops

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from understanding and having a mastery over our emotions (aka emotional intelligence)—and helping our children do the same. Like learning to play a musical instrument, we can fine-tune our ability to skillfully react to those

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crazy, wonderful, big feelings that naturally arise from our child's constant growth and changes, moving from chaos to harmony. We want our children to trust that they can conquer any challenge with hard work and persistence; that they can



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love boundlessly; that they will find their unique sense of purpose; and they will act wisely in a complex world. This book shows you how. With author and educator Jennifer Miller as your supportive guide, you'll learn: the lies we've been told

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about emotions, how they shape our choices, and how we can reshape our parenting decisions in better alignment with our deepest values. how to identify the temperaments your child was born with so you can support those tendencies rather than

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fight them. how to align your biggest hopes and dreams for your kids with specific skills that can be practiced, along with new research to support those powerful connections. about each age and stage your child goes through and the range of learning

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opportunities available. how to identify and manage those big emotions (that only the parenting process can bring out in us!) and how to model emotional intelligence for your children. how to deal with the emotions and influences of your

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choir—the many outside individuals and communities who directly impact your child's life, including school, the digital world, extended family, neighbors, and friends. Raising confident, centered, happy kids—while feeling the same way

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about yourself—is possible with  
Confident Parents, Confident Kids.

\* The million-copy bestseller\* \*

National Book Award finalist \* \*

One of the New York Times's 10 Best  
Books of 2017 \* \* Selected for Emma  
Watson's Our Shared Shelf book

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club \* 'This is a captivating book ...  
Min Jin Lee's novel takes us through  
four generations and each  
character's search for identity and  
success. It's a powerful story about  
resilience and compassion' BARACK  
OBAMA. Yeongdo, Korea 1911. In a

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small fishing village on the banks of the East Sea, a club-footed, cleft-lipped man marries a fifteen-year-old girl. The couple have one child, their beloved daughter Sunja. When Sunja falls pregnant by a married yakuza, the family face ruin. But



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then Isak, a Christian minister, offers her a chance of salvation: a new life in Japan as his wife. Following a man she barely knows to a hostile country in which she has no friends, no home, and whose language she cannot speak, Sunja's

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salvation is just the beginning of her story. Through eight decades and four generations, Pachinko is an epic tale of family, identity, love, death and survival.

From an internationally renowned authority on primatology and

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psychology comes a fascinating investigation of empathy in both humans and animals.

Adolescenceâ€"beginning with the onset of puberty and ending in the mid-20sâ€"is a critical period of development during which key areas

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of the brain mature and develop. These changes in brain structure, function, and connectivity mark adolescence as a period of opportunity to discover new vistas, to form relationships with peers and adults, and to explore one's

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developing identity. It is also a period of resilience that can ameliorate childhood setbacks and set the stage for a thriving trajectory over the life course. Because adolescents comprise nearly one-fourth of the entire U.S. population,

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the nation needs policies and practices that will better leverage these developmental opportunities to harness the promise of adolescenceâ€"rather than focusing myopically on containing its risks. This report examines the

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neurobiological and socio-behavioral science of adolescent development and outlines how this knowledge can be applied, both to promote adolescent well-being, resilience, and development, and to rectify structural barriers and inequalities

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in opportunity, enabling all  
adolescents to flourish.

A Leading Primatologist Explains  
Why We Are Who We Are

The Age of Empathy

A Hopeful History

Animal Emotions and What They



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Teach Us about Ourselves

How a Selfish Ape Invented a New  
Moral Code

Primates and Philosophers

The Laws of Human Nature

*Use Neuroscience to Raise*

*an Awesome Person—Starting*

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*Now Searching for a  
roadmap to raise a  
successful child who makes  
a positive difference in  
this world? Neuroscientist  
and mother Erin Clabough  
teaches that to thrive as*

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*adults, children need to learn self-regulation, a master life skill founded in empathy, creativity, and self-control. The lack of even one of these intertwined skills*

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*underlies nearly all of the parenting problems we face. The good news is that you can build these strengths in children at any age, from infancy to adulthood. Here, using key*

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*insights from brain  
development research,  
you'll learn how. With  
scientific depth and in  
clear language, Erin gets  
you up to date on the vast  
tide of emerging*

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*neuroscience discoveries and how they can help you parent better. Practicing these skills requires a new mindset, but "second nature" parenting is low effort and high impact. It*

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*only takes a few minutes  
each day to nurture the  
skills your kids need,  
simply by using everyday  
situations that you're  
already facing in a  
different way. A hands-on*

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*exploration of • Empathy,  
creativity, and self-  
control—three key,  
interrelated skills that  
support your child's  
decision-making, emotional  
regulation, happiness, and*



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*independence • Self-regulation—where the three key skills come together, giving your child the power to blaze a trail towards a personal goal while preserving healthy*

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*relationships • A wealth  
of tools based on  
neuroscience  
principles—from quick "do  
anywhere" games to long-  
term strategies—for  
creating positive lifelong*

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*habits • How to better understand and deal with tantrums, impulsivity, inattention, bickering, bullying, and other common challenges • In-depth guidance on how to build*

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*motivation, enhance  
critical thinking skills,  
encourage accountability,  
create space for play and  
reflection, cultivate  
compassion, solve  
problems, and much more*

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*Can virtuous behavior be explained by nature, and not by human rational choice? "It's the animal in us," we often hear when we've been bad. But why not when we're good?*

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*Primates and Philosophers* tackles this question by exploring the biological foundations of one of humanity's most valued traits: morality. In this provocative book, renowned

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*primatologist Frans de  
Waal argues that modern-  
day evolutionary biology  
takes far too dim a view  
of the natural world,  
emphasizing our "selfish"  
genes and reinforcing our*

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*habit of labeling ethical behavior as humane and the less civilized as animalistic. Seeking the origin of human morality not in evolution but in human culture, science*



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*insists that we are moral  
by choice, not by nature.  
Citing remarkable evidence  
based on his extensive  
research of primate  
behavior, de Waal attacks  
"Veneer Theory," which*

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*posits morality as a thin overlay on an otherwise nasty nature. He explains how we evolved from a long line of animals that care for the weak and build cooperation with*

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*reciprocal transactions.  
Drawing on Darwin, recent  
scientific advances, and  
his extensive research of  
primate behavior, de Waal  
demonstrates a strong  
continuity between human*

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*and animal behavior. He probes issues such as anthropomorphism and human responsibilities toward animals. His compelling account of how human morality evolved out of*

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*mammalian society will  
fascinate anyone who has  
ever wondered about the  
origins and reach of human  
goodness. Based on the  
Tanner Lectures de Waal  
delivered at Princeton*

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*University's Center for  
Human Values in 2004,  
Primates and Philosophers  
includes responses by the  
philosophers Peter Singer,  
Christine M. Korsgaard,  
and Philip Kitcher and the*

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science writer Robert  
Wright. They press de Waal  
to clarify the differences  
between humans and other  
animals, yielding a lively  
debate that will fascinate  
all those who wonder about

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*the origins and reach of  
human goodness.*

*What if there were a  
single skill that could  
directly and radically  
improve your relationships  
and your emotional life?*



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*Empathy, teaches Karla McLaren, is that skill. With The Art of Empathy, she teaches us how to perceive and feel the experiences of others with clarity and*

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*authenticity—to connect  
with them more deeply and  
effectively. Informed by  
current insights from  
neuroscience, social  
psychology, and healing  
traditions, this book*

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*explores: Why empathy is  
not a mystical phenomenon  
but a natural, innate  
ability that we can  
strengthen and develop How  
to identify and regulate  
our emotions and*

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*boundaries The process of  
shifting into the  
perspective of others How  
to provide support in a  
sensitive and healthy way  
Insights for navigating  
our hyper-connected social*

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*landscape Targeted  
chapters for improving  
family, workplace, and  
intimate relationships  
Ways to expand our empathy  
to our community, global  
levels of society, and the*

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*natural world More than  
ever, reflects Karla  
McLaren, the time for  
empathy has come. The Art  
of Empathy brings welcome,  
practical guidance for  
mastering this essential*

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*life skill.*

*Influential popular  
philosopher Roman Krznaric  
argues our brains are  
wired for social  
connection: empathy is at  
the heart of who we are.*

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*It's an essential,  
transforming quality we  
must develop for the 21st  
Century. Through  
encounters with actors,  
activists, groundbreaking  
designers, undercover*



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*journalists, nurses,  
bankers and  
neuroscientists, Krznaric  
defines a new breed of  
adventurer. He sets out  
the six life-enhancing  
habits of highly empathic*

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*people, whose skills  
enable them to connect  
with others in  
extraordinary ways.  
Empathy has the power to  
transform relationships,  
from the personal to the*

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*political. Krznaric  
contends that, as we move  
on from an age of  
introspection, empathy  
will be key to fundamental  
social change - making  
this book a manifesto for*

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*revolution.*

*Ten Humanist Principles  
The Biophilia Hypothesis  
Supporting Parents of  
Children Ages 0-8  
Our Symphony with Animals  
Mama's Last Hug*

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*How Parents Can Use  
Neuroscience to Help Kids  
Develop Empathy,  
Creativity, and Self-  
Control*

The subjects of this stylish and

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audacious collection of essays range from an assault in Nicaragua to a Morgellons meeting; from Frida Kahlo's plaster casts to a gangland tour of LA. Jamison is interested in how we tell stories about injury and pain, and the limits that

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circumstances, bodies and identity put on the act of describing.

A leader in the fields of animal ethics and neurology, Dr. Aysha Akhtar examines the rich human-animal connection and how interspecies empathy enriches

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our well-being. Deftly combining  
medicine, social history and  
personal experience, Our  
Symphony with Animals is the  
first book by a physician to show  
that humans and animals have a  
shared destiny—our well-being is  
deeply entwined. Dr. Akhtar



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reveals how empathy for animals is the next step in our species' moral evolution and a vital component of human health. When we include animals in our circle of empathy, we not only liberate animals, we also liberate ourselves. Drawing on the

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accounts of a varied cast of characters—a former mobster, a pediatrician, an industrial chicken farmer, a serial killer, and a deer hunter—to reveal what happens when we both break and forge bonds with animals. Interwoven is Dr.

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Akhtar's own story, an immigrant who was bullied in school and abused by her uncle. Feeling abandoned by humanity, it was only when she met Sylvester, a dog who had also been abused, that she find the strength to sound the alarm for them both.

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Humans are neurologically designed to empathize with animals. Violence against animals goes against our nature. In equal measure, the love we give to animals biologically reverberates back to us. Our Symphony with Animals is the definitive account

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for why our relationships with animals matter.

'Kindness and co-operation have played a crucial role in raising humans to the top of the evolutionary tree ... We have thrived on the milk of human kindness.' Observer BY THE

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AUTHOR OF ARE WE SMART  
ENOUGH TO KNOW HOW  
SMART ANIMALS ARE? 'There is  
a widely-held assumption that  
humans are hard-wired for  
relentless and ruthless  
competition ... Frans de Waal  
sees nature differently - as a

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biological legacy in which empathy, not mere self-interest, is shared by humans, bonobos and animals.' Ben Macintyre, The Times Empathy holds us together. That we are hardwired to be altruistic is the result of thousands of years of

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evolutionary biology which has kept society from slipping into anarchy. But we are not alone: primates, elephants, even rodents are empathetic creatures too. Social behaviours such as the herding instinct, bonding rituals, expressions of



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consolation and even conflict resolution demonstrate that animals are designed to feel for each other. From chimpanzees caring for mates that have been wounded by leopards, elephants reassuring youngsters in distress and dolphins preventing sick

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companions from drowning, with a wealth of anecdotes, scientific observations, wry humour and incisive intelligence, *The Age of Empathy* is essential reading for all who believe in the power of our connections to each other. What separates your mind from

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the mind of an animal? Maybe you think it's your ability to design tools, your sense of self, or your grasp of past and future - all traits that have helped us define ourselves as the pre-eminent species on Earth. But in recent decades, claims of human

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superiority have been eroded by a revolution in the study of animal cognition. Take the way octopuses use coconut shells as tools, or how elephants can classify humans by age, gender, and language. Take Ayumu, the young male chimpanzee at Kyoto

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University who demonstrates his species' exceptional photographic memory. Based on research on a range of animals, including crows, dolphins, parrots, sheep, wasps, bats, whales, and, of course, chimpanzees and bonobos, Frans de Waal explores

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the scope and depth of animal intelligence, revealing how we have grossly underestimated non-human brains. He overturns the view of animals as stimulus-response beings and opens our eyes to their complex and intricate minds. With astonishing

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stories of animal cognition, Are We Smart Enough to Know How Smart Animals Are? challenges everything you thought you knew about animal - and human - intelligence.

The New York Times Bestseller  
The Code for Global Ethics

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The Empathy Exams  
Surprising Observations of a  
Hidden World  
Enlightenment Now  
How Morality Evolved  
Biology, Psychology, Ethics,  
Politics, and Religion  
*Primatologist Frans de*



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*Waal and wildlife  
photographer Frans Lanting  
present the most up-to-  
date perspective available  
on the bonobo, the least  
known of the great apes.  
75 color plates.*

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*Decades of research have demonstrated that the parent-child dyad and the environment of the familyâ€"which includes all primary caregiversâ€"are at the*

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*foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care*

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*for them. The impact of  
parents may never be  
greater than during the  
earliest years of life,  
when a child's brain is  
rapidly developing and  
when nearly all of her or*

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*his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a*

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*trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can*

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*enrich and give focus to  
parents' lives; generate  
stress or calm; and create  
any number of emotions,  
including feelings of  
happiness, sadness,  
fulfillment, and anger.*

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*Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early*



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*childhood, increases in  
funding for programs and  
services for families,  
changing demographics of  
the U.S. population, and  
greater diversity of  
family structure.*

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*Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies*

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*parenting knowledge,  
attitudes, and practices  
associated with positive  
developmental outcomes in  
children ages 0-8;  
universal/preventive and  
targeted strategies used*

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*in a variety of settings  
that have been effective  
with parents of young  
children and that support  
the identified knowledge,  
attitudes, and practices;  
and barriers to and*

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*facilitators for parents'  
use of practices that lead  
to healthy child outcomes  
as well as their  
participation in effective  
programs and services.  
This report makes*

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*recommendations directed  
at an array of  
stakeholders, for  
promoting the wide-scale  
adoption of effective  
programs and services for  
parents and on areas that*

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*warrant further research  
to inform policy and  
practice. It is meant to  
serve as a roadmap for the  
future of parenting  
policy, research, and  
practice in the United*

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States.

*Leading scientists and  
science writers reflect on  
the life-changing,  
perspective-changing, new  
science of human goodness.  
In these pages you will*



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*hear from Steven Pinker,  
who asks, "Why is there  
peace?"; Robert Sapolsky,  
who examines violence  
among primates; Paul  
Ekman, who talks with the  
Dalai Lama about global*

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*compassion; Daniel Goleman, who proposes “constructive anger”; and many others. Led by renowned psychologist Dacher Keltner, the Greater Good Science*

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*Center, based at the  
University of California  
in Berkeley, has been at  
the forefront of the  
positive psychology  
movement, making  
discoveries about how and*

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*why people do good. Four  
times a year the center  
publishes its findings  
with essays on  
forgiveness, moral  
inspiration, and everyday  
ethics in Greater Good*

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*magazine. The best of  
these writings are  
collected here for the  
first time. A collection  
of personal stories and  
empirical research, The  
Compassionate Instinct*

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*will make you think not  
only about what it means  
to be happy and fulfilled  
but also about what it  
means to lead an ethical  
and compassionate life.*

*The Age of EmpathyNature's*

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*Lessons for a Kinder  
Society* Souvenir Press

*Bonobo*

*Essays*

*The Compassionate*

*Instinct: The Science of  
Human Goodness*

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*The Forgotten Ape  
Strange Natures  
On Health, Empathy, and  
Our Shared Destinies  
The Inner Life of Animals*  
**Lauren and Miranda have been  
best friends forever. Every day**



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***one would say, "Meet me by the old ghost-tree" and they would have adventures together. But now Miranda only likes boys, and Lauren's father was found in the woods with his heart torn out, and no***

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***one was ever caught. So when  
Lauren has a vision of a  
monster dragging human  
remains through the woods,  
she knows she can't just do  
nothing.***

***Mama's Last Hug opens with***

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***the moving farewell between  
Mama, a dying chimpanzee  
matriarch, and her human  
friend, a professor who  
inspired the author's work.  
Their parting, the video of  
which has been watched by***

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***millions online, is not only a window into the deep bonds they shared, but into the remarkable emotional capacities of animals. In this groundbreaking and entertaining book,***

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***primatologist Frans de Waal  
draws on his renowned studies  
of the social and emotional  
lives of chimpanzees, bonobos  
and other primates, and  
personal encounters with  
many other species, to***

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***illuminate new ideas and  
findings about animal  
emotions: joy, grief, shame,  
love, pain and happiness.  
Exploring the facial  
expressions of animals, human  
and animal politics, and animal***

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***consciousness, de Waal illustrates how profoundly we have underestimated animals' emotional experiences. He argues that emotions occupy a far more significant place in the way we organise our***

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***societies than a more  
rationalist approach would  
advocate. His radical proposal  
is that emotions are like  
organs: humans haven't a  
single organ that other  
animals don't have, and the***



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***same can be said of our  
emotions.***

***It is difficult to think of a more  
quintessential symbol of the  
British countryside than the  
British Hedgerow, bursting  
with blackberries, hazelnuts***

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***and sloes, and home to oak  
and ash, field mice and  
butterflies. But as much as we  
might dream about foraging  
for mushrooms or collecting  
wayside nettles for soup, most  
of us are unaware of quite how***

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***profoundly hedgerows have shaped the history of our landscape and our fellow species. One of Britain's best known naturalists, John Wright introduces us to the natural and cultural history of hedges***

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***(as well as ditches, dykes and dry stone walls) - from the arrival of the first settlers in the British Isles to the modern day, when we have finally begun to recognise the importance of these unique***

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***ecosystems. His intimate  
knowledge of the countryside  
and its inhabitants brings this  
guide to life, whether  
discussing the skills and craft  
of hedge maintenance or the  
rich variety of animals, plants,***

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***algae and fungi who call them  
home. Informative, practical,  
entertaining and richly  
illustrated in colour  
throughout, A Natural History  
of the Hedgerow is a book to  
stuff into your pocket for***

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***country walks in every season,  
or to savour in winter before a  
roaring fire.***

***On Human Nature: Biology,  
Psychology, Ethics, Politics,  
and Religion covers the  
present state of knowledge on***

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***human diversity and its  
adaptative significance  
through a broad and eclectic  
selection of representative  
chapters. This  
transdisciplinary work brings  
together specialists from***



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***various fields who rarely interact, including geneticists, evolutionists, physicians, ethologists, psychoanalysts, anthropologists, sociologists, theologians, historians, linguists, and philosophers.***

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***Genomic diversity is covered in several chapters dealing with biology, including the differences in men and apes and the genetic diversity of mankind. Top specialists, known for their open mind and***

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***broad knowledge have been  
carefully selected to cover  
each topic. The book is  
therefore at the crossroads  
between biology and human  
sciences, going beyond  
classical science in the***

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***Popperian sense. The book is accessible not only to specialists, but also to students, professors, and the educated public. Glossaries of specialized terms and general public references help***

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***nonspecialists understand complex notions, with contributions avoiding technical jargon. Provides greater understanding of diversity and population structure and history, with***

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***crucial foundational  
knowledge needed to conduct  
research in a variety of fields,  
such as genetics and disease  
Includes three robust sections  
on biological, psychological,  
and ethical aspects, with cross-***

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***fertilization and reciprocal  
references between the three  
sections Contains  
contributions by leading  
experts in their respective  
fields working under the  
guidance of internationally***

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***recognized and highly  
respected editors***

***The Summer Isles***

***Futurity, Empathy, and the  
Queer Ecological Imagination***

***Pachinko***

***Tender Is the Flesh***



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**Behave**

**Confident Parents, Confident  
Kids**

**The Case for Reason, Science,  
Humanism, and Progress**

THE SUNDAY TIMES AND NEW  
YORK TIMES BESTSELLER A

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Guardian, Daily Telegraph, New Statesman and Daily Express Book of the Year 'Hugely, highly and happily recommended' Stephen Fry 'You should read Humankind. You'll learn a lot (I did) and you'll have good reason to feel better about the

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human race' Tim Harford 'The book we need right now' Daily Telegraph 'Made me see humanity from a fresh perspective' Yuval Noah Harari It's a belief that unites the left and right, psychologists and philosophers, writers and historians. It drives the

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headlines that surround us and the laws that touch our lives. From Machiavelli to Hobbes, Freud to Dawkins, the roots of this belief have sunk deep into Western thought. Human beings, we're taught, are by nature selfish and

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governed by self-interest.

Humankind makes a new argument: that it is realistic, as well as revolutionary, to assume that people are good. The instinct to cooperate rather than compete, trust rather than distrust, has an evolutionary basis

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going right back to the beginning of Homo sapiens. By thinking the worst of others, we bring out the worst in our politics and economics too. In this major book, internationally bestselling author Rutger Bregman takes some of the

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world's most famous studies and events and reframes them, providing a new perspective on the last 200,000 years of human history. From the real-life Lord of the Flies to the Blitz, a Siberian fox farm to an infamous New York murder,

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Stanley Milgram's Yale shock machine to the Stanford prison experiment, Bregman shows how believing in human kindness and altruism can be a new way to think – and act as the foundation for achieving true change in our society.



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It is time for a new view of human nature.

This book is a unique and superb gateway to current psychoanalytic thinking. Thirty of America's foremost psychoanalysts -- leaders in defining the current pluralistic

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state of the profession -- have each presented what they consider to be their most significant contribution to the field. No mere anthology, these are the key writings that underlie current discussions of psychoanalytic theory and

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technique. The chapters cover contemporary ideas of intersubjectivity, object relations theory, self psychology, relational psychoanalysis, hermeneutics, clinical technique, changing concepts of unconscious, empirical

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research, infant observation, gender and sexuality, and more. While the differences in point of view are profound, there is also a striking coherence on some core issues. Each of the contributions features an introduction by the volume editor

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and a note by the author explaining the rationale for its selection. The brilliant introduction by Peter Fonagy provides an overview and places each author in the context of contemporary psychoanalysis. A list of the authors may convey the

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astonishing breadth of this  
volume: Brenner, Bromberg, Busch,  
Chodorow, Cooper, Emde,  
Friedman, Gabbard, Goldberg,  
Greenberg, Grossman, Hoffman,  
Jacobs, Kantrowitz, Kernberg,  
Levenson, Luborsky, Michels,

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Ogden, Ornstein, Person, Pine,  
Renik, Schafer, Schwaber, Shapiro,  
Smith, Stern, Stolorow, Wallerstein  
This is a "best of the best" volume --  
cutting-edge writing, highly  
accessible and studded with vivid  
clinical illustrations. Anyone

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wishing to acquire a comprehensive, authoritative, readily accessible -- even entertaining -- guide to American psychoanalytic thinking will find their goal fulfilled in this monumental collection.

“If I could give each of you a



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graduation present, it would be this—the most inspiring book I've ever read." —Bill Gates A provocative history of violence—from the New York Times bestselling author of *The Stuff of Thought*, *The Blank Slate*, and

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Enlightenment Now. Believe it or not, today we may be living in the most peaceful moment in our species' existence. In his gripping and controversial new work, New York Times bestselling author Steven Pinker shows that despite the

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ceaseless news about war, crime, and terrorism, violence has actually been in decline over long stretches of history. Exploding myths about humankind's inherent violence and the curse of modernity, this ambitious book continues Pinker's

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exploration of the essence of human nature, mixing psychology and history to provide a remarkable picture of an increasingly enlightened world.

No Marketing Blurb

Second Nature

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Our Inner Ape

The Kindness of Strangers

The Art of Empathy

The Biology of Humans at Our Best  
and Worst

Contemporary Psychoanalysis in  
America

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Phenomenology, Structure, and  
Human Nature

Two of the most important  
political movements of the  
late twentieth century are  
those of environmentalism  
and feminism. In this book,

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Val Plumwood argues that feminist theory has an important opportunity to make a major contribution to the debates in political ecology and environmental philosophy. Feminism and

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the Mastery of Nature explains the relation between ecofeminism, or ecological feminism, and other feminist theories including radical green theories such as deep



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ecology. Val Plumwood provides a philosophically informed account of the relation of women and nature, and shows how relating male domination to the domination of nature is

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important and yet remains a  
dilemma for women.

This book brings together  
the views of some of the  
most creative scientists of  
our time, each attempting to  
amplify and refine the

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concept of biophilia.

Contributors to this volume include Jared Diamond, Aaron Katcher, Richard Nelson and others.

From the million-copy bestselling author of The 48

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Laws of Power Robert

Greene is a master guide for millions of readers, distilling ancient wisdom and philosophy into essential texts for seekers of power, understanding and mastery.

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Now he turns to the most important subject of all - understanding people's drives and motivations, even when they are unconscious of them themselves. We are social animals. Our very lives

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depend on our relationships with people. Knowing why people do what they do is the most important tool we can possess, without which our other talents can only take us so far. Drawing from

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the ideas and examples of Pericles, Queen Elizabeth I, Martin Luther King Jr, and many others, Greene teaches us how to detach ourselves from our own emotions and master self-

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control, how to develop the empathy that leads to insight, how to look behind people's masks, and how to resist conformity to develop your singular sense of purpose. Whether at work, in



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relationships, or in shaping the world around you, The Laws of Human Nature offers brilliant tactics for success, self-improvement, and self-defence.

Visit the author's Web site at

*Page 225/238*

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[www.ourinnerape.com](http://www.ourinnerape.com) It's no secret that humans and apes share a host of traits, from the tribal communities we form to our irrepressible curiosity. We have a common ancestor, scientists

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tell us, so it's natural that we act alike. But not all of these parallels are so appealing: the chimpanzee, for example, can be as vicious and manipulative as any human. Yet there's more to

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our shared primate heritage  
than just our violent streak.  
In *Our Inner Ape*, Frans de  
Waal, one of the world's  
great primatologists and a  
renowned expert on social  
behavior in apes, presents

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the provocative idea that our noblest qualities—generosity, kindness, altruism—are as much a part of our nature as are our baser instincts. After all, we share them with

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another primate: the lesser-known bonobo. As genetically similar to man as the chimpanzee, the bonobo has a temperament and a lifestyle vastly different from those of its genetic cousin.

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Where chimps are aggressive, territorial, and hierarchical, bonobos are gentle, loving, and erotic (sex for bonobos is as much about pleasure and social bonding as it is about

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reproduction). While the parallels between chimp brutality and human brutality are easy to see, de Waal suggests that the conciliatory bonobo is just as legitimate a model to study



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when we explore our primate heritage. He even connects humanity's desire for fairness and its morality with primate behavior, offering a view of society that contrasts markedly with the caricature

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people have of Darwinian evolution. It's plain that our finest qualities run deeper in our DNA than experts have previously thought. Frans de Waal has spent the last two decades studying our closest

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primate relations, and his observations of each species in *Our Inner Ape* encompass the spectrum of human behavior. This is an audacious book, an engrossing discourse that

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proposes thought-provoking  
and sometimes shocking  
connections among chimps,  
bonobos, and those most  
paradoxical of apes, human  
beings.

Just Babies

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A Voyage of the Imagination

The Development of

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