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Sommario/riassunto	This book presents an analysis of the correlation between the mind and the body, a complex topic of study and discussion by scientists and philosophers. Drawing largely on neuroscience and philosophy, the author utilizes the scientific method and incorporates lessons learned from a vast array of sources. Based on the most recent cutting-edge scientific discoveries on the Mind-Body problem, Tomasi presents a full examination of multiple fields related to neuroscience. The volume offers a scientist-based and student-friendly journey into medicine,

psychology, artificial intelligence, embodied cognition, and social, ecological and anthropological models of perception, to discover our truest self.

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