

1. Record Nr.	UNINA9910461736103321
Autore	Schulkin Jay
Titolo	Adaptation and well-being : social allostasis / / Jay Schulkin [[electronic resource]]
Pubbl/distr/stampa	Cambridge : , : Cambridge University Press, , 2011
ISBN	1-107-21557-9 1-139-06278-6 1-283-11297-3 9786613112972 1-139-07495-4 1-139-06918-7 1-139-07721-X 1-139-07948-4 0-511-97366-7 1-139-08176-4
Descrizione fisica	1 online resource (viii, 204 pages) : digital, PDF file(s)
Disciplina	612/022
Soggetti	Psychoneuroendocrinology Sociobiology Brain - Evolution Adaptation (Physiology) Allostasis Well-being
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	; Machine generated contents note: ; 1. Evolutionary Perspectives and Hominoid Expression -- ; 2. Cognitive Competence and Cortical Evolution -- ; 3. A Window into the Brain -- ; 4. Chemical Messengers and the Physiology of Change and Adaptation -- ; 5. Social Neuroendocrinology -- ; 6. Cephalic Adaptation: Incentives and Devolution -- ; 7. Neocortex, Amygdala, Prosocial Behaviors.
Sommario/riassunto	Recently, an interest in our understanding of well-being within the

context of competition and cooperation has re-emerged within the biological and neural sciences. Given that we are social animals, our well-being is tightly linked to interactions with others. Pro-social behavior establishes and sustains human contact, contributing to well-being. Adaptation and Well-Being is about the evolution and biological importance of social contact. Social sensibility is an essential feature of our central nervous systems, and what have evolved are elaborate behavioral ways in which to sustain and maintain the physiological and endocrine systems that underlie behavioral adaptations. Writing for his fellow academics, and with chapters on evolutionary aspects, chemical messengers and social neuroendocrinology among others, Jay Schulkin explores this fascinating field of behavioral neuroscience.
