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Pubbl/distr/stampa	[Auckland, N.Z], : [Minty's Media Ltd.], 1985- [Auckland, N.Z.], : Profile Pub
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Descrizione fisica	volumes : illustrations (some color), portraits ; ; 30 cm
Soggetti	Advertising Marketing - New Zealand Marketing Periodicals. New Zealand
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Note generali	Title from title screen. Some issues accompanied by supplements.

2. Record Nr.	UNINA9910495191603321
Autore	Perez Velazquez Jose Luis
Titolo	Being and becoming : A guide to act in the theatre of existence // by Jose Luis Perez Velazquez, Vera Nenadovic
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2021
ISBN	3-030-78264-6
Edizione	[1st ed. 2021.]
Descrizione fisica	1 online resource (217 pages)
Collana	Behavioral Science and Psychology Series
Disciplina	612.801
Soggetti	Psychology Neurosciences Cognitive science Biophysics Philosophy Philosophy, Modern Behavioral Sciences and Psychology Neuroscience Cognitive Science Philosophical Traditions
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Part 1: The Neuroscience Perspective — Where is my self? -- Chapter 1: The emergence of the self -- Chapter 2: The origins and the fallacy of a central commander in the brain: the emergence of agency and the demise of the concept of free will -- Chapter 3: The strange world of split brain patients: in search of the interpreter of our actions -- Chapter 4: Dissociative identity disorders. Are multiple personalities ever lonely, or, can a psychiatrist charge twice a person with dual personality? -- Chapter 5: The enduring self, or how to annihilate the self -- Chapter 6: A recipe for high cognition: is consciousness and self-awareness a matter of numbers? -- Chapter 7: Demystifying consciousness -- Part 2: The Biophysics perspective — What is my life? -- Chapter 8: The Biophysics perspective — What is my life? -- Chapter 9: Let there be life -- Chapter 10: The special ones -- The special ones

-- Chapter 11: The enduring life -- Chapter 12: And why there is something instead of nothing -- Part 3: The philosophical perspective — How do I experience reality? -- Chapter 13: The self and consciousness throughout history -- Chapter 14: The power of contemplation —Explorations on the self and consciousness in the Buddhist tradition -- Chapter 15: Shrinking the self -- Chapter 16: Naturalising death —The ultimate becoming -- Chapter 17: Law and Neuroscience: the impact of brain research on criminal justice.

#### Sommario/riassunto

Many people spend considerable time seeking a sense of purpose in life and, concomitant with that, a sense of personal identity. This book demystifies this search, revealing why this search is a fallacy. The purpose is to inform readers about results in neuroscience and biophysics that may guide us to some liberation needed in the current age of great complexity in life with a diverse burden of chores; a deliverance from some afflictions that prevent individuals from achieving the true purpose of our lives. Among these afflictions we find two primordial concerns: the belief and subsequent attachment to a self, and the conviction that life must have a deep purpose in which we are major players. While this is a scientific text, it can easily be read by a lay audience, written with minimal technical jargon and with references to scientific papers enough to satisfy the curious. We have tried to extract the essence of scientific observations such that we can glimpse at those aforementioned concerns about the self and life, observations which help us comprehend what we are and what we become, the being and becoming of our own selves and natural phenomena around us. Jose Luis Perez Velazquez received a PhD in Molecular Physiology & Biophysics. His research seeks principles of biological organisation. He worked at the Hospital for Sick Children in Toronto and was Professor at the University of Toronto. Currently he is a Research Scholar at the Ronin Institute and lives in the natural paradise of Asturias, in Northern Spain. Vera Nenadovic is a nurse practitioner, neuroscientist and entrepreneur. She has 30 years of experience in healthcare from First Nations communities to intensive care units. Her research focuses on predicting brain injury outcomes. She is a clinician and researcher at Holland Bloorview Kids Rehab Hospital. Her startup company BrainsView is commercializing software that analyzes brainwaves to monitor brain function and recovery after head injury. She is married and lives in Toronto, with her husband and Rottweiler.