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Psychology & Neuroscience

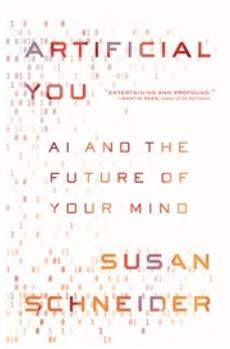
University of California Press

Columbia University Press

Princeton University Press

New and Best of Backlist

Autumn 2023



Artificial You

Susan Schneider

9780691216744

£13.99 • \$16.95

Trade Paperback

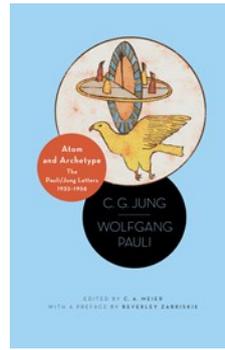
Science / Life Sciences / Neuroscience

April 2021

Princeton University Press

A guide to AI's thorniest implications that asks: How shall we navigate our brave new world?

We are at a monumental turning point in human history. AI is taking intelligence in new directions. The strongest human competitors in chess, go, and *Jeopardy!* have been beaten by AIs, and AI is getting more sophisticated by the day. Further, AI research is going inside the human brain itself, attempting to augment human minds. It may even create greater-than-human-level intelligence, leading to a new generation of artificial minds—Minds 2.0. Susan Schneider, a philosopher, argues that these undertakings must not be attempted without a richer understanding of the nature of the mind. An insufficient grasp of the underlying philosophical issues could undermine the use of AI and brain enhancement technology, bringing about the demise or suffering of conscious beings. Examining the philosophical questions lying beneath the algorithms, Schneider takes on AI's thorniest implications.



Atom and Archetype

C. G. Jung

9780691161471

£22.00 • \$26.95

Trade Paperback

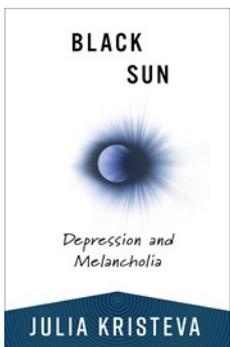
Psychology / Movements / Jungian

July 2014

Princeton University Press

In 1932, world-renowned physicist Wolfgang Pauli had already done the work that would win him the 1945 Nobel Prize. He was also suffering after a series of troubling personal events. He was drinking heavily, quarrelling frequently, and experiencing powerful, disturbing dreams. Pauli turned to C. G. Jung for help, forging an extraordinary intellectual conjunction not just between a physicist and a psychologist but between physics and psychology. As their acquaintance developed, Jung and Pauli discussed the nature of dreams and their relation to reality, finding surprising common ground between depth psychology and quantum physics and profoundly influencing each other's work.

This portrait of an incredible friendship will fascinate readers interested in psychology, science, creativity, and genius.



Black Sun

Julia Kristeva

9780231214537

£20.00 • \$24.00

Trade Paperback

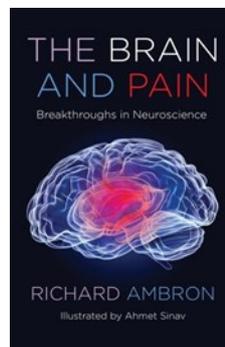
Psychology / Movements / Psychoanalysis

November 2023

Columbia University Press

In *Black Sun*, Julia Kristeva addresses the subject of melancholia, examining this phenomenon in the context of art, literature, philosophy, the history of religion and culture, and psychoanalysis. She describes the depressive as one who perceives the sense of self as a crucial pursuit and a nearly unattainable goal and explains how the love of a lost identity of attachment lies at the very core of depression's dark heart.

Kristeva analyzes Holbein's controversial 1522 painting *The Body of the Dead Christ in the Tomb* and makes revealing comments on the works of Marguerite Duras, Dostoyevsky, and Nerval. *Black Sun* takes the view that depression is a discourse with a language to be learned, rather than strictly a pathology to be treated.



The Brain and Pain

Richard Ambron

9780231204873

£25.00 • \$30.00

Trade Paperback

Science / Life Sciences / Neuroscience

March 2022

Columbia University Press

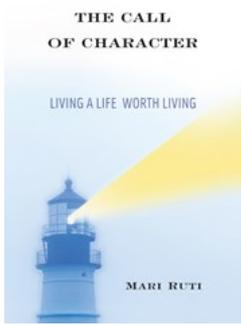
Pain is an inevitable part of existence, but severe debilitating or chronic pain is a pathological condition that diminishes the quality of life. *The Brain and Pain* explores the present and future of pain management, providing a comprehensive understanding based on the latest discoveries from many branches of neuroscience.

Richard Ambron—the former director of a neuroscience lab that conducted leading research in this field—explains the science of how and why we feel pain. He describes how the nervous system and brain process information that leads to the experience of pain, detailing the cellular and molecular functions that are responsible for the initial perceptions of an injury. He discusses how pharmacological agents such as opiates affect the duration and intensity of pain. Ambron examines new evidence showing that discrete circuits in the brain modulate the experience of pain in response to a placebo, fear, anxiety, belief, or other circumstances, as well as how pain can be relieved by activating these circuits using mindfulness training and other nonpharmacological treatments. The book also evaluates the prospects of procedures such as deep brain stimulation and optogenetics.

Current and thorough, *The Brain and Pain* will be invaluable for a range of people seeking to understand their options for treatment as well as students in neuroscience and medicine.



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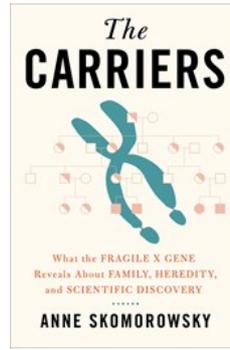
The Call of Character

Mari Ruti
9780231164085
£22.00 • \$28.00
Hardcover
Psychology / Applied Psychology
December 2013
Columbia University Press

Should we feel inadequate when we fail to be healthy, balanced, and well-adjusted? Is it realistic or even desirable to strive for such an existential equilibrium? Condemning our current cultural obsession with cheerfulness and "positive thinking," Mari Ruti calls for a resurrection of character that honors our more eccentric frequencies and argues that sometimes a tormented and anxiety-ridden life can also be rewarding.

Ruti critiques the search for personal meaning and pragmatic attempts to normalize human beings' unruly and idiosyncratic natures. Exposing the tragic banality of a happy life commonly lived, she instead emphasizes the advantages of a lopsided life rich in passion and fortitude. She also shows what matters is not our ability to evade existential uncertainty but our courage to meet adversity in such a way that we do not become irrevocably broken.

We are in danger of losing the capacity to cope with complexity, ambiguity, melancholia, disorientation, and disappointment, Ruti warns, leaving us feeling less "real" and less connected and unable to process a full range of emotions. Heeding the call of our character means acknowledging the marginalized, chaotic aspects of our being, and it is precisely these creative qualities that make us inimitable and irreplaceable.



The Carriers

Anne Skomorowsky
9780231197663
£22.00 • \$28.00
Hardcover
May 2022
Columbia University Press

A tiny mutation on the X chromosome can shape a family's history. Passed down from a "carrier" parent to a child, fragile X syndrome is the most common inherited cause of intellectual disability and autism. Beyond that—and a rarity among genetic disorders—some fragile X carriers not only transmit the mutation but also experience related conditions themselves. In such cases, carriers can have tremors, infertility, and psychiatric disorders that complicate raising children with fragile X syndrome—and all too often, they suffer in silence.

The Carriers investigates this common but still little-known genetic condition and its life-altering consequences. Anne Skomorowsky reveals how this disorder afflicts families across generations, telling the stories of the mothers and grandparents of fragile X patients and considering how genes interact with family dynamics. She interweaves the personal narratives and family histories of the people affected by fragile X disorders with clear and accessible explanations of the science behind them. Skomorowsky unpacks the latest research on the fragile X mutation and explores the history of its discovery. She highlights the roles of women as carriers, caregivers, and researchers who have made astonishing scientific breakthroughs over the last three decades.

The Carriers is an essential book for fragile X families, including those just learning they are carriers, and for all readers interested in the complexities of heredity, the ethical dilemmas of genetic medicine, and the relationship between genes and personality.

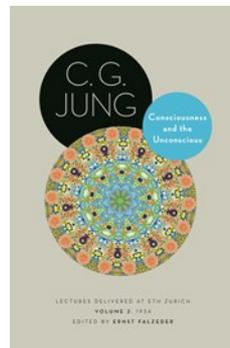
The Archetypes and the Collective Unconscious

C.G. JUNG

Collected Works of C.G. Jung, Volume 9 (Part 1)

C. G. Jung
9780691018331
£34.00 • \$42.00
Trade Paperback
Psychology / Movements / Psychoanalysis
August 1981
Princeton University Press

Essays which state the fundamentals of Jung's psychological system: "On the Psychology of the Unconscious" and "The Relations Between the Ego and the Unconscious," with their original versions in an appendix.



Consciousness and the Unconscious

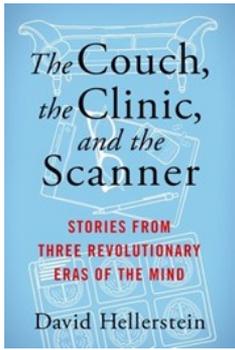
C. G. Jung
9780691228570
£28.00 • \$32.00
Hardcover
Psychology / Movements / Jungian
February 2022
Princeton University Press

Jung's lectures on consciousness and the unconscious—in English for the first time

Between 1933 and 1941, C. G. Jung delivered a series of public lectures at the Swiss Federal Institute of Technology (ETH) in Zurich. Intended for a general audience, these lectures addressed a broad range of topics, from dream analysis and yoga to the history of psychology. They are at the center of Jung's intellectual activity in this period and provide the basis of his later work. Here for the first time in English is Jung's introduction to his core psychological theories and methods, delivered in the summer of 1934.

With candor and wit, Jung shares with his audience the path he himself took to understanding the nature of consciousness and the unconscious. He describes their respective characteristics using examples from his clinical experience as well as from literature, his travels, and everyday life. For Jung, consciousness is like a small island in the ocean of the unconscious, while the unconscious is part of the primordial condition of humankind. Jung explains various methods for uncovering the contents of the unconscious, in particular talk therapy and dream analysis.

Complete with explanations of Jungian concepts and terminology, *Consciousness and the Unconscious* painstakingly reconstructs and translates these talks from detailed shorthand notes by attendees, making a critical part of Jung's work available to today's readers.

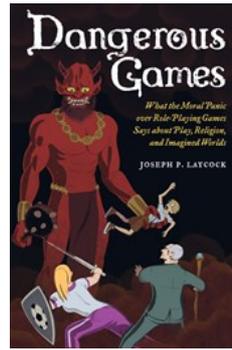


The Couch, the Clinic, and the Scanner

David Hellerstein
9780231207928
£28.00 • \$32.00
Hardcover
Medical / Psychiatry
May 2023
Columbia University Press

Over the past several decades, psychiatry has undergone radical changes. After its midcentury heyday, psychoanalysis gave way to a worldview guided by the *Diagnostic and Statistical Manual*, which precisely defined mental disorders and their treatments; more recently, this too has been displaced by a model inspired by neuroscience. Each of these three dominant models overturned the previous era's assumptions, methods, treatment options, and goals. Each has its own definitions of health and disease, its own concepts of the mind. And each has offered clinicians and patients new possibilities as well as its own.

The Couch, the Clinic, and the Scanner is an insightful first-person account of psychiatry's evolution. David Hellerstein—a psychiatrist who has practiced in New York City since the early 1980s, working with patients, doing research, and helping run clinics and hospitals—provides a window into how the profession has transformed. In vivid stories and essays, he explores the lived experience of psychiatric work and the daunting challenges of healing the mind amid ever-changing theoretical models. Recounting his intellectual, clinical, and personal adventures, Hellerstein finds unexpected poetry in hallways and waiting rooms; encounters with patients who are by turns baffling, frustrating, and inspiring; and the advances of science. Drawing on narrative-medicine approaches, *The Couch, the Clinic, and the Scanner* offers a perceptive and eloquent portrayal of the practice of psychiatry as it has struggled to define and redefine itself.



Dangerous Games

Joseph P. Laycock
9780520284920
£25.00 • \$29.95
Trade Paperback
Religion / Psychology Of Religion
February 2015
University of California Press

The 1980s saw the peak of a moral panic over fantasy role-playing games such as *Dungeons and Dragons*. A coalition of moral entrepreneurs that included representatives from the Christian Right, the field of psychology, and law enforcement claimed that these games were not only psychologically dangerous but an occult religion masquerading as a game. *Dangerous Games* explores both the history and the sociological significance of this panic.

Fantasy role-playing games do share several functions in common with religion. However, religion—as a socially constructed world of shared meaning—can also be compared to a fantasy role-playing game. In fact, the claims of the moral entrepreneurs, in which they presented themselves as heroes battling a dark conspiracy, often resembled the very games of imagination they condemned as evil. By attacking the imagination, they preserved the taken-for-granted status of their own socially constructed reality. Interpreted in this way, the panic over fantasy-role playing games yields new insights about how humans play and together construct and maintain meaningful worlds.

Laycock's clear and accessible writing ensures that *Dangerous Games* will be required reading for those with an interest in religion, popular culture, and social behavior, both in the classroom and beyond.



Dream Symbols of the Individuation Process

C. G. Jung
9780691183619
£35.00 • \$42.00
Hardcover
Psychology / Movements / Jungian
November 2019
Princeton University Press

Jung's legendary American lectures on dream interpretation

In 1936 and 1937, C. G. Jung delivered two legendary seminars on dream interpretation, the first on Bailey Island, Maine, the second in New York City. *Dream Symbols of the Individuation Process* makes these lectures widely available for the first time, offering a compelling look at Jung as he presents his ideas candidly and in English before a rapt American audience.

The dreams presented here are those of Nobel Prize-winning physicist Wolfgang Pauli, who turned to Jung for therapeutic help because of troubling personal events, emotional turmoil, and depression. Linking Pauli's dreams to the healing wisdom found in many ages and cultures, Jung shows how the mandala—a universal archetype of wholeness—spontaneously emerges in the psyche of a modern man, and how this imagery reflects the healing process. He touches on a broad range of themes, including psychological types, mental illness, the individuation process, the principles of psychotherapeutic treatment, and the importance of the anima, shadow, and persona in masculine psychology. He also reflects on modern physics, the nature of reality, and the political currents of his time. Jung draws on examples from the Mithraic mysteries, Buddhism, Hinduism, Chinese philosophy, Kundalini yoga, and ancient Egyptian concepts of body and soul. He also discusses the symbolism of the Catholic Mass, the Trinity, and Gnostic ideas in the noncanonical Gospels.

With an incisive introduction and annotations, *Dream Symbols of the Individuation Process* provides a rare window into Jung's interpretation of dreams and the development of his psychology of religion.

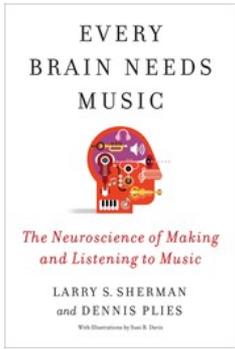


Dreams

C. G. Jung
9780691150482
£14.99 • \$17.95
Trade Paperback
Psychology / Movements / Psychoanalysis
November 2010
Princeton University Press

Dream analysis is a distinctive and foundational part of analytical psychology, the school of psychology founded by C. G. Jung and his successors. This volume collects Jung's most insightful contributions to the study of dreams and their meaning. The essays in this volume, written by Jung between 1909 and 1945, reveal Jung's most essential views about dreaming—especially regarding the relationship between language and dream. Through these studies, Jung grew to understand that dreams are themselves a language, a language through which the soul communicates with the body. The essays included are "The Analysis of Dreams," "On the Significance of Number Dreams," "General Aspects of Dream Psychology," "On the Nature of Dreams," "The Practical Use of Dream Analysis," and "Individual Dream Symbolism in Relation to Alchemy" (complete with illustrations).

New to this edition is a foreword by Sonu Shamdasani, Philemon Professor of Jung History at University College London.



Every Brain Needs Music

Lawrence Sherman

9780231209106

£28.00 • \$32.00

Hardcover

Science / Life Sciences / Neuroscience

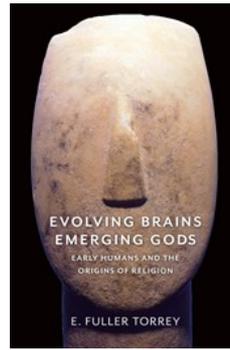
May 2023

Columbia University Press

Whenever a person engages with music—when a piano student practices a scale, a jazz saxophonist riffs on a melody, a teenager sobs to a sad song, or a wedding guest gets down on the dance floor—countless neurons are firing. Playing an instrument requires all of the resources of the nervous system, including cognitive, sensory, and motor functions. Composition and improvisation are remarkable demonstrations of the brain’s capacity for creativity. Something as seemingly simple as listening to a tune involves mental faculties most of us don’t even realize we have.

Larry S. Sherman, a neuroscientist and lifelong musician, and Dennis Plies, a professional musician and teacher, collaborate to show how our brains and music work in harmony. They consider music in all the ways we encounter it—teaching, learning, practicing, listening, composing, improvising, and performing—in terms of neuroscience as well as music pedagogy, showing how the brain functions and even changes in the process. *Every Brain Needs Music* draws on leading behavioral, cellular, and molecular neuroscience research as well as surveys of more than a hundred musical people. It provides new perspectives on learning to play, teaching, how to practice and perform, the ways we react to music, and why the brain benefits from musical experiences.

Written for both musical and nonmusical people, including newcomers to brain science, this book is a lively and easy-to-read exploration of the neuroscience of music and its significance in our lives.



Evolving Brains, Emerging Gods

E. Fuller Torrey

9780231183376

£20.00 • \$24.00

Trade Paperback

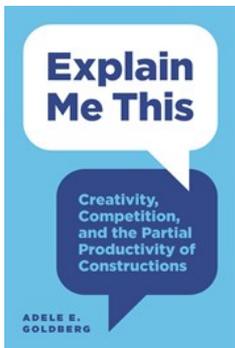
Psychology / Neuropsychology

August 2019

Columbia University Press

Religions and mythologies from around the world teach that God or gods created humans. Atheist, humanist, and materialist critics, meanwhile, have attempted to turn theology on its head, claiming that religion is a human invention. In this book, E. Fuller Torrey draws on cutting-edge neuroscience research to propose a startling answer to the ultimate question. *Evolving Brains, Emerging Gods* locates the origin of gods within the human brain, arguing that religious belief is a by-product of evolution.

Based on an idea originally proposed by Charles Darwin, Torrey marshals evidence that the emergence of gods was an incidental consequence of several evolutionary factors. Using data ranging from ancient skulls and artifacts to brain imaging, primatology, and child development studies, this book traces how new cognitive abilities gave rise to new behaviors. For instance, autobiographical memory, the ability to project ourselves backward and forward in time, gave *Homo sapiens* a competitive advantage. However, it also led to comprehension of mortality, spurring belief in an alternative to death. Torrey details the neurobiological sequence that explains why the gods appeared when they did, connecting archaeological findings including clothing, art, farming, and urbanization to cognitive developments. This book does not dismiss belief but rather presents religious belief as an inevitable outcome of brain evolution. Providing clear and accessible explanations of evolutionary neuroscience, *Evolving Brains, Emerging Gods* will shed new light on the mechanics of our deepest mysteries.



Explain Me This

Adele E. Goldberg

9780691174266

£28.00 • \$32.00

Trade Paperback

Psychology / Cognitive Psychology & Cognition

February 2019

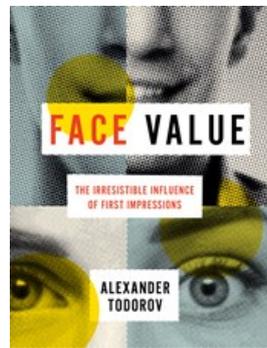
Princeton University Press

Why our use of language is highly creative yet also constrained

We use words and phrases creatively to express ourselves in ever-changing contexts, readily extending language constructions in new ways. Yet native speakers also implicitly know when a creative and easily interpretable formulation—such as “Explain me this” or “She considered to go”—doesn’t sound quite right. In this incisive book, Adele Goldberg explores how these creative but constrained language skills emerge from a combination of general cognitive mechanisms and experience.

Shedding critical light on an enduring linguistic paradox, Goldberg demonstrates how words and abstract constructions are generalized and constrained in the same ways. When learning language, we record partially abstracted tokens of language within the high-dimensional conceptual space that is used when we speak or listen. Our implicit knowledge of language includes dimensions related to form, function, and social context. At the same time, abstract memory traces of linguistic usage-events cluster together on a subset of dimensions, with overlapping aspects strengthened via repetition. In this way, dynamic categories that correspond to words and abstract constructions emerge from partially overlapping memory traces, and as a result, distinct words and constructions compete with one another each time we select them to express our intended messages.

While much of the research on this puzzle has favored semantic or functional explanations over statistical ones, Goldberg’s approach stresses that both the functional and statistical aspects of constructions emerge from the same learning mechanisms.



Face Value

Alexander Todorov

9780691167497

£30.00 • \$35.00

Hardcover

Psychology / Social Psychology

June 2017

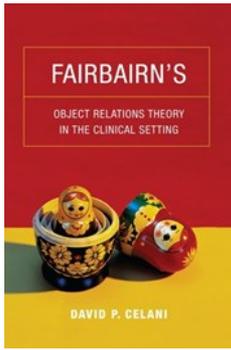
Princeton University Press

The scientific story of first impressions—and why the snap character judgments we make from faces are irresistible but usually incorrect

We make up our minds about others after seeing their faces for a fraction of a second—and these snap judgments predict all kinds of important decisions. For example, politicians who simply look more competent are more likely to win elections. Yet the character judgments we make from faces are as inaccurate as they are irresistible; in most situations, we would guess more accurately if we ignored faces. So why do we put so much stock in these widely shared impressions? What is their purpose if they are completely unreliable? In this book, Alexander Todorov, one of the world’s leading researchers on the subject, answers these questions as he tells the story of the modern science of first impressions.

Drawing on psychology, cognitive science, neuroscience, computer science, and other fields, this accessible and richly illustrated book describes cutting-edge research and puts it in the context of the history of efforts to read personality from faces. Todorov describes how we have evolved the ability to read basic social signals and momentary emotional states from faces, using a network of brain regions dedicated to the processing of faces. Yet contrary to the nineteenth-century pseudoscience of physiognomy and even some of today’s psychologists, faces don’t provide us a map to the personalities of others. Rather, the impressions we draw from faces reveal a map of our own biases and stereotypes.

A fascinating scientific account of first impressions, *Face Value* explains why we pay so much attention to faces, why they lead us astray, and what our judgments actually tell us.



Fairbairn's Object Relations Theory in the Clinical Setting

David Celani

9780231149075

£35.00 • \$42.00

Trade Paperback

Psychology / Developmental

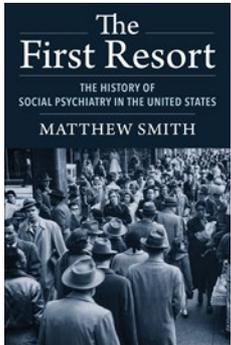
April 2010

Columbia University Press

W. R. D. Fairbairn (1889-1964) challenged the dominance of Freud's drive theory with a psychoanalytic theory based on the internalization of human relationships. Fairbairn assumed that the unconscious develops in childhood and contains dissociated memories of parental neglect, insensitivity, and outright abuse that are impossible for the children to tolerate consciously. In Fairbairn's model, these dissociated memories protect developing children from recognizing how badly they are being treated and allow them to remain attached even to physically abusive parents.

Attachment is paramount in Fairbairn's model, as he recognized that children are absolutely and unconditionally dependent on their parents. Kidnapped children who remain attached to their abusive captors despite opportunities to escape illustrate this intense dependency, even into adolescence. At the heart of Fairbairn's model is a structural theory that organizes actual relational events into three self-and-object pairs: one conscious pair (the central ego, which relates exclusively to the ideal object in the external world) and two mostly unconscious pairs (the child's antilibidinal ego, which relates exclusively to the rejecting parts of the object, and the child's libidinal ego, which relates exclusively to the exciting parts of the object). The two dissociated self-and-object pairs remain in the unconscious but can emerge and suddenly take over the individual's central ego. When they emerge, the "other" is misperceived as either an exciting or a rejecting object, thus turning these internal structures into a source of transferences and reenactments. Fairbairn's central defense mechanism, splitting, is the fast shift from central ego dominance to either the libidinal ego or the antilibidinal ego—a near perfect model of the borderline personality disorder.

In this book, David Celani reviews Fairbairn's five foundational papers and outlines their application in the clinical setting. He discusses the four unconscious structures and offers the clinician concrete suggestions on how to recognize and respond to them effectively in the heat of the clinical interview. Incorporating decades of experience into his analysis, Celani emphasizes the internalization of the therapist as a new "good" object and devotes entire sections to the treatment of histrionic, obsessive, and borderline personality disorders.



The First Resort

Matthew Smith

9780231203937

£25.00 • \$30.00

Trade Paperback

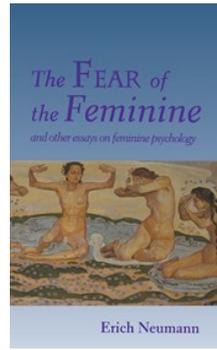
Psychology / Social Psychology

January 2023

Columbia University Press

Social psychiatry was a mid-twentieth-century approach to mental health that stressed the prevention of mental illness rather than its treatment. Its proponents developed environmental explanations of mental health, arguing that socioeconomic problems such as poverty, inequality, and social isolation were the underlying causes of mental illness. The influence of social psychiatry contributed to the closure of psychiatric hospitals and the emergence of community mental health care during the 1960s. By the 1980s, however, social psychiatry was in decline, having lost ground to biological psychiatry and its emphasis on genetics, neurology, and psychopharmacology.

The First Resort is a history of the rise and fall of social psychiatry that also explores the lessons this largely forgotten movement has to offer today. Matthew Smith examines four ambitious projects that investigated the relationship between socioeconomic factors and mental illness in Chicago, New Haven, New York City, and Nova Scotia. He contends that social psychiatry waned not because of flaws in its preventive approach to mental health but rather because the economic and political crises of the 1970s and the shift to the right during the 1980s foreclosed the social changes required to create a more mentally healthy society. Smith also argues that social psychiatry provides timely insights about how progressive social policies, such as a universal basic income, can help stem rising rates of mental illness in the present day.



The Fear of the Feminine

Erich Neumann

9780691034737

£35.00 • \$42.00

Trade Paperback

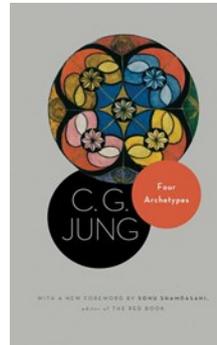
Psychology / Movements / Psychoanalysis

May 1994

Princeton University Press

These essays by the famous analytical psychologist and student of creativity Erich Neumann belong in the context of the depth psychology of culture and reveal a prescient concern about the one-sidedness of patriarchal Western civilization. Neumann recommended a "cultural therapy" that he thought would redress a "fundamental ignorance" about feminine and masculine psychology, and he looked for societal healing to a "matriarchal consciousness" that forms the bridge between the feminine and the creative.

Brought together here for the first time, the essays in the book discuss the psychological stages of woman's development, the moon and matriarchal consciousness, Mozart's *Magic Flute*, the meaning of the earth archetype for modern times, and the fear of the feminine. In Mozart's fantastic world, Neumann saw a true *Auseinandersetzung*--the conflict and coming-to-terms with each other of the matriarchal and the patriarchal worlds. Developing such a synthesis of the feminine and the masculine in the psychic reality of the individual and of the collective was, he argued, one of the fundamental, future-oriented tasks of both the society and the individual.



Four Archetypes

C. G. Jung

9780691150499

£10.99 • \$12.95

Trade Paperback

Psychology / Movements / Psychoanalysis

November 2010

Princeton University Press

One of Jung's most influential ideas has been his view, presented here, that primordial images, or archetypes, dwell deep within the unconscious of every human being. The essays in this volume gather together Jung's most important statements on the archetypes, beginning with the introduction of the concept in "Archetypes and the Collective Unconscious." In separate essays, he elaborates and explores the archetypes of the Mother and the Trickster, considers the psychological meaning of the myths of Rebirth, and contrasts the idea of Spirits seen in dreams to those recounted in fairy tales.

This paperback edition of Jung's classic work includes a new foreword by Sonu Shamdasani, Philemon Professor of Jung History at University College London.



Free Agents

Kevin J. Mitchell

9780691226231

£25.00 • \$29.95

Hardcover

Science / Life Sciences / Neuroscience

October 2023

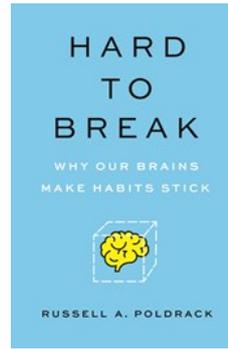
Princeton University Press

An evolutionary case for the existence of free will

Scientists are learning more and more about how brain activity controls behavior and how neural circuits weigh alternatives and initiate actions. As we probe ever deeper into the mechanics of decision making, many conclude that agency—or free will—is an illusion. In *Free Agents*, leading neuroscientist Kevin Mitchell presents a wealth of evidence to the contrary, arguing that we are not mere machines responding to physical forces but agents acting with purpose.

Traversing billions of years of evolution, Mitchell tells the remarkable story of how living beings capable of choice arose from lifeless matter. He explains how the emergence of nervous systems provided a means to learn about the world, granting sentient animals the capacity to model, predict, and simulate. Mitchell reveals how these faculties reached their peak in humans with our abilities to imagine and to be introspective, to reason in the moment, and to shape our possible futures through the exercise of our individual agency. Mitchell's argument has important implications—for how we understand decision making, for how our individual agency can be enhanced or infringed, for how we think about collective agency in the face of global crises, and for how we consider the limitations and future of artificial intelligence.

An astonishing journey of discovery, *Free Agents* offers a new framework for understanding how, across a billion years of Earth history, life evolved the power to choose, and why it matters.



Hard to Break

Russell Poldrack

9780691241494

£15.99 • \$18.95

Trade Paperback

Science / Life Sciences / Neuroscience

October 2022

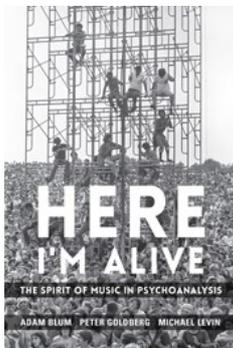
Princeton University Press

The neuroscience of why bad habits are so hard to break—and how evidence-based strategies can help us change our behavior more effectively

We all have habits we'd like to break, but for many of us it can be nearly impossible to do so. There is a good reason for this: the brain is a habit-building machine. In *Hard to Break*, leading neuroscientist Russell Poldrack provides an engaging and authoritative account of the science of how habits are built in the brain, why they are so hard to break, and how evidence-based strategies may help us change unwanted behaviors.

Hard to Break offers a clear-eyed tour of what neuroscience tells us about habit change and debunks "easy fixes" that aren't backed by science. It explains how dopamine is essential for building habits and how the battle between habits and intentional goal-directed behaviors reflects a competition between different brain systems. Along the way, we learn how cues trigger habits; why we should make rules, not decisions; how the stimuli of the modern world hijack the brain's habit machinery and lead to drug abuse and other addictions; and how neuroscience may one day enable us to hack our habits. Shifting from the individual to society, the book also discusses the massive habit changes that will be needed to address the biggest challenges of our time.

Moving beyond the hype to offer a deeper understanding of the biology of habits in the brain, *Hard to Break* reveals how we might be able to make the changes we desire—and why we should have greater empathy with ourselves and others who struggle to do so.



Here I'm Alive

Adam Blum

9780231209458

£30.00 • \$35.00

Trade Paperback

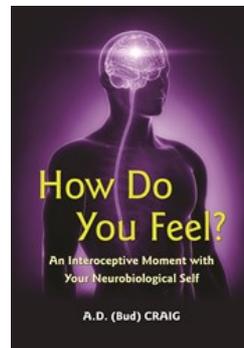
Psychology / Movements / Psychoanalysis

March 2023

Columbia University Press

Here I'm Alive explores the musical foundation of being human from a psychoanalytic perspective.

Writing in collaboration, three psychoanalytic clinicians develop a fresh vision of the essential role of music in psychical life. Through an interdisciplinary exploration, *Here I'm Alive* shows how music is fundamental to becoming human, establishing our embodied sense of membership and participation in a shared world through the fabric of culture. With one authorial voice, these pages resonate with the musical forms of living that make possible any individual style of conduct or shape of desire and without which we are forever lost in the noise.



How Do You Feel?

A. D. Craig

9780691204086

£28.00 • \$34.00

Trade Paperback

Science / Life Sciences / Neuroscience

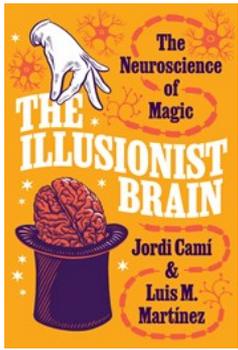
June 2020

Princeton University Press

A book that fundamentally changes how neuroscientists and psychologists categorize sensations and understand the origins and significance of human feelings

How Do You Feel? brings together startling evidence from neuroscience, psychology, and psychiatry to present revolutionary new insights into how our brains enable us to experience the range of sensations and mental states known as feelings. Drawing on his own cutting-edge research, neurobiologist Bud Craig has identified an area deep inside the mammalian brain—the insular cortex—as the place where interoception, or the processing of bodily stimuli, generates feelings. He shows how this crucial pathway for interoceptive awareness gives rise in humans to the feeling of being alive, vivid perceptual feelings, and a subjective image of the sentient self across time. Craig explains how feelings represent activity patterns in our brains that signify emotions, intentions, and thoughts, and how integration of these patterns is driven by the unique energy needs of the hominid brain. He describes the essential role of feelings and the insular cortex in such diverse realms as music, fluid intelligence, and bivalent emotions, and relates these ideas to the philosophy of William James and even to feelings in dogs.

How Do You Feel? is also a compelling insider's account of scientific discovery, one that takes readers behind the scenes as the astonishing answer to this neurological puzzle is pursued and pieced together from seemingly unrelated fields of scientific inquiry. This book will fundamentally alter the way that neuroscientists and psychologists categorize sensations and understand the origins and significance of human feelings.



The Illusionist Brain

Jordi Camí

9780691208442

£22.00 • \$27.95

Hardcover

Science / Life Sciences / Neuroscience

June 2022

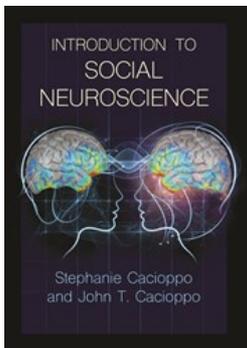
Princeton University Press

How magicians exploit the natural functioning of our brains to astonish and amaze us

How do magicians make us see the impossible? *The Illusionist Brain* takes you on an unforgettable journey through the inner workings of the human mind, revealing how magicians achieve their spectacular and seemingly impossible effects by interfering with your cognitive processes. Along the way, this lively and informative book provides a guided tour of modern neuroscience, using magic as a lens for understanding the unconscious and automatic functioning of our brains.

We construct reality from the information stored in our memories and received through our senses, and our brains are remarkably adept at tricking us into believing that our experience is continuous. In fact, our minds create our perception of reality by elaborating meanings and continuities from incomplete information, and while this strategy carries clear benefits for survival, it comes with blind spots that magicians know how to exploit. Jordi Camí and Luis Martínez explore the many different ways illusionists manipulate our attention—making us look but not see—and take advantage of our individual predispositions and fragile memories.

The Illusionist Brain draws on the latest findings in neuroscience to explain how magic deceives us, surprises us, and amazes us, and demonstrates how illusionists skillfully “hack” our brains to alter how we perceive things and influence what we imagine.



Introduction to Social Neuroscience

Stephanie Cacioppo

9780691167275

£84.00 • \$99.95

Hardcover

Science / Life Sciences / Neuroscience

August 2020

Princeton University Press

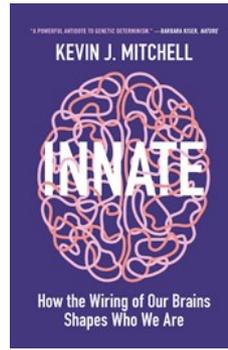
A textbook that lays down the foundational principles for understanding social neuroscience

Humans, like many other animals, are a highly social species. But how do our biological systems implement social behaviors, and how do these processes shape the brain and biology? Spanning multiple disciplines, *Introduction to Social Neuroscience* seeks to engage students and scholars alike in exploring the effects of the brain’s perceived connections with others. This wide-ranging textbook provides a quintessential foundation for comprehending the psychological, neural, hormonal, cellular, and genomic mechanisms underlying such varied social processes as loneliness, empathy, theory-of-mind, trust, and cooperation.

Stephanie and John Cacioppo posit that our brain is our main social organ. They show how the same objective relationship can be perceived as friendly or threatening depending on the mental states of the individuals involved in that relationship. They present exercises and evidence-based findings readers can put into practice to better understand the neural roots of the social brain and the cognitive and health implications of a dysfunctional social brain. This textbook’s distinctive features include the integration of human and animal studies, clinical cases from medicine, multilevel analyses of topics from genes to societies, and a variety of methodologies.

Unveiling new facets to the study of the social brain’s anatomy and function, *Introduction to Social Neuroscience* widens the scientific lens on human interaction in society.

- The first textbook on social neuroscience intended for advanced undergraduates and graduate students
- Chapters address the psychological, neural, hormonal, cellular, and genomic mechanisms underlying the brain’s perceived connections with others



Innate

Kevin J. Mitchell

9780691204154

£15.99 • \$18.95

Trade Paperback

Science / Life Sciences / Neuroscience

March 2020

Princeton University Press

A leading neuroscientist explains why your personal traits are more innate than you think

What makes you the way you are—and what makes each of us different from everyone else? In *Innate*, leading neuroscientist and popular science blogger Kevin Mitchell traces human diversity and individual differences to their deepest level: in the wiring of our brains. Deftly guiding us through important new research, including his own groundbreaking work, he explains how variations in the way our brains develop before birth strongly influence our psychology and behavior throughout our lives, shaping our personality, intelligence, sexuality, and even the way we perceive the world. Compelling and original, *Innate* will change the way you think about why and how we are who we are.



Jung on Ignatius of Loyola's Spiritual Exercises

C. G. Jung

9780691244167

£35.00 • \$39.95

Hardcover

Psychology / Movements / Jungian

January 2023

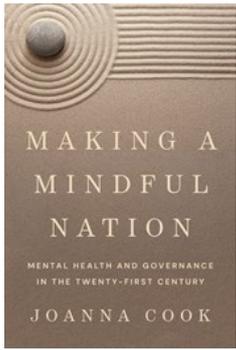
Princeton University Press

Jung's lectures on the psychology of Jesuit spiritual practice—unabridged in English for the first time

Between 1933 and 1941, C. G. Jung delivered a series of public lectures at the Swiss Federal Institute of Technology (ETH) in Zurich. Intended for a general audience, these lectures addressed a broad range of topics, from yoga and meditation to dream analysis and the psychology of alchemy. Here for the first time are Jung’s complete lectures on Ignatius of Loyola’s *Spiritual Exercises*, delivered in the winter of 1939–1940.

These illuminating lectures are the culmination of Jung’s investigation into traditional forms of meditation and their parallels to his psychotherapeutic method of active imagination. Jung presents Loyola’s exercises as the prime example of a Christian practice comparable to yoga and Eastern meditation, and gives a psychological interpretation of the visions depicted in the saint’s autobiographical writings. Offering a unique opportunity to encounter the brilliant psychologist as he shares his ideas with the general public, the lectures reflect Jung’s increasingly positive engagement with Roman Catholicism, a development that would lead to his fruitful collaborations after the war with eminent Catholic theologians such as Victor White, Bruno de Jésus-Marie, and Hugo Rahner.

Featuring an authoritative introduction by Martin Liebscher along with explanations of Jungian concepts and psychological terminology, this splendid book provides an invaluable window on the evolution of Jung’s thought and a vital key to understanding his later work.



Making a Mindful Nation

Joanna Cook

9780691244488

£22.00 • \$26.95

Trade Paperback

Psychology / Mental Health

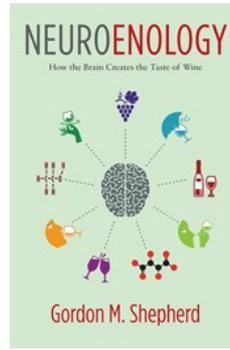
August 2023

Princeton University Press

How mindfulness came to be regarded as a psychological support, an ethical practice and a component of public policy

Mindfulness seems to be everywhere—in popular culture, in therapeutic practice, even in policy discussions. How did mindfulness, an awareness training practice with roots in Buddhism, come to be viewed as a solution to problems that range from depression and anxiety to criminal recidivism? If mindfulness is the answer, asks Joanna Cook, what is the question? In *Making a Mindful Nation*, Cook uses the lens of mindfulness to show how cultivating a relationship with the mind is now central to the ways people envision mental health. Drawing on long-term fieldwork with patients, therapists, members of Parliament and political advocates in Britain, Cook explores how the logics of preventive mental healthcare are incorporated into people's relationships with themselves, therapeutic interventions, structures of governance and political campaigns.

Cook observed mindfulness courses for people suffering from recurrent depression and anxiety, postgraduate courses for mindfulness-based therapists, parliamentarians' mindfulness practice and political advocacy for mindfulness in public policy. She develops her theoretical argument through intimate and in-depth stories about people's lives and their efforts to navigate the world—whether these involve struggles with mental health or contributions to evolving political agendas. In doing so, Cook offers important insights into the social processes by which mental health is lived, the normative values that inform it and the practices of self-cultivation by which it is addressed.



Neuroenology

Gordon Shepherd

9780231177009

£20.00 • \$24.95

Hardcover

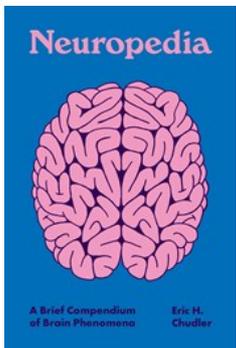
Science / Life Sciences / Neuroscience

November 2016

Columbia University Press

In his new book, Gordon M. Shepherd expands on the startling discovery that the brain creates the taste of wine. This approach to understanding wine's sensory experience draws on findings in neuroscience, biomechanics, human physiology, and traditional enology. Shepherd shows, just as he did in *Neurogastronomy: How the Brain Creates Flavor and Why It Matters*, that creating the taste of wine engages more of the brain than does any other human behavior. He clearly illustrates the scientific underpinnings of this process, along the way enhancing our enjoyment of wine.

Neuroenology is the first book on wine tasting by a neuroscientist. It begins with the movements of wine through the mouth and then consults recent research to explain the function of retronasal smell and its extraordinary power in creating wine taste. Shepherd comprehensively explains how the specific sensory pathways in the cerebral cortex create the memory of wine and how language is used to identify and imprint wine characteristics. Intended for a broad audience of readers—from amateur wine drinkers to sommeliers, from casual foodies to seasoned chefs—*Neuroenology* shows how the emotion of pleasure is the final judge of the wine experience. It includes practical tips for a scientifically informed wine tasting and closes with a delightful account of Shepherd's experience tasting classic Bordeaux vintages with French winemaker Jean-Claude Berrouet of the Chateau Petrus and Dominus Estate.



Neuropedia

Eric H. Chudler

9780691213576

£10.99 • \$16.95

Hardcover

Science / Life Sciences / Neuroscience

November 2022

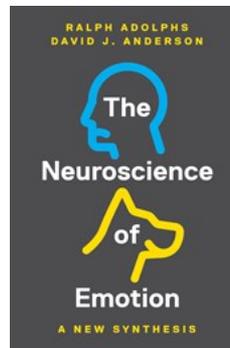
Princeton University Press

A fun and fact-filled A–Z treasury for anyone with a head on their shoulders

Neuropedia journeys into the mysteries and marvels of the three pounds of tissue between your ears—the brain. Eric Chudler takes you on a breathtaking tour of the nervous system with dozens of entries that explore the structure and function of the brain and cover topics such as the spinal cord and nerve cells, the methods of neuroscientific research, and the visionary scientists who have dedicated their lives to understanding what makes each of us who we are.

The brain has fascinated and puzzled researchers, physicians, and philosophers for thousands of years and captivated us with each new discovery. This compendium of neuroscientific wonders is brimming with facts and insights, helping us to make sense of our current understanding of the nervous system while identifying the frontiers in our knowledge that remain unexplored. Chudler guides readers through a variety of rare and common neurological disorders such as alien hand disorder, Capgras syndrome, Alzheimer's disease, Parkinson's disease, and stroke, and discusses the latest brain-imaging methods used to diagnose them. He discusses neurochemicals, neurotoxins, and lifesaving drugs, and offers bold perspectives on human consciousness that enable us to better appreciate our place in nature.

With marvelous illustrations by Kelly Chudler, *Neuropedia* is an informative and entertaining trip into the inner world of the brain.



The Neuroscience of

Emotion

Ralph Adolphs

9780691174082

£45.00 • \$53.00

Hardcover

Science / Life Sciences / Neuroscience

June 2018

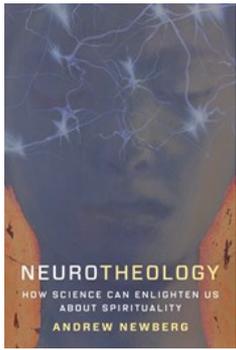
Princeton University Press

A new framework for the neuroscientific study of emotions in humans and animals

The Neuroscience of Emotion presents a new framework for the neuroscientific study of emotion across species. Written by Ralph Adolphs and David J. Anderson, two leading authorities on the study of emotion, this accessible and original book recasts the discipline and demonstrates that in order to understand emotion, we need to examine its biological roots in humans and animals. Only through a comparative approach that encompasses work at the molecular, cellular, systems, and cognitive levels will we be able to comprehend what emotions do, how they evolved, how the brain shapes their development, and even how we might engineer them into robots in the future.

Showing that emotions are ubiquitous across species and implemented in specific brain circuits, Adolphs and Anderson offer a broad foundation for thinking about emotions as evolved, functionally defined biological states. The authors discuss the techniques and findings from modern neuroscientific investigations of emotion and conclude with a survey of theories and future research directions.

Featuring color illustrations throughout, *The Neuroscience of Emotion* synthesizes the latest in neuroscientific work to provide deeper insights into how emotions function in all of us.



Neurotheology

Andrew Newberg

9780231179058

£22.00 • \$26.00

Trade Paperback

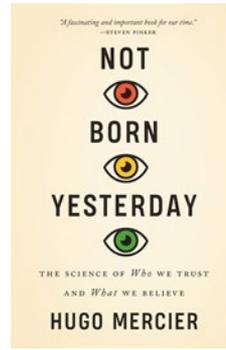
Religion / Psychology Of Religion

February 2021

Columbia University Press

Religion is often cast in opposition to science. Yet both are deeply rooted in the inner workings of the human brain. With the advent of the modern cognitive neurosciences, the scientific study of religious and spiritual phenomena has become far more sophisticated and wide-ranging. What might brain scans of people in prayer, in meditation, or under the influence of psychoactive substances teach us about religious and spiritual beliefs? Are religion and spirituality reducible to neurological processes, or might there be aspects that, at least for now, transcend scientific claims?

In this book, Andrew Newberg explores the latest findings of neurotheology, the multidisciplinary field linking neuroscience with religious and spiritual phenomena. He investigates some of the most controversial—and potentially transformative—implications of a neurotheological approach for the truth claims of religion and our understanding of minds and brains. Newberg leads readers on a tour through key intersections of neuroscience and theology, including the potential evolutionary basis of religion; the psychology of religion, including mental health and brain pathology; the neuroscience of myths, rituals, and mystical experiences; how studies of altered states of consciousness shed new light on the mind-brain relationship; and what neurotheology can tell us about free will. When brain science and religious experience are considered together in an integrated approach, Newberg shows, we might come closer to a fuller understanding of the deepest questions.



Not Born Yesterday

Hugo Mercier

9780691208923

£16.99 • \$19.95

Trade Paperback

Psychology / Social Psychology

March 2022

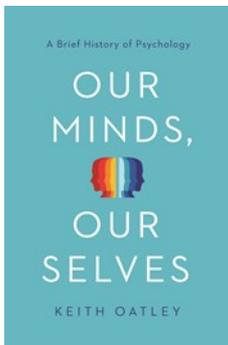
Princeton University Press

Why people are not as gullible as we think

Not Born Yesterday explains how we decide who we can trust and what we should believe—and argues that we're pretty good at making these decisions. In this lively and provocative book, Hugo Mercier demonstrates how virtually all attempts at mass persuasion—whether by religious leaders, politicians, or advertisers—fail miserably. Drawing on recent findings from political science and other fields ranging from history to anthropology, Mercier shows that the narrative of widespread gullibility, in which a credulous public is easily misled by demagogues and charlatans, is simply wrong.

Why is mass persuasion so difficult? Mercier uses the latest findings from experimental psychology to show how each of us is endowed with sophisticated cognitive mechanisms of open vigilance. Computing a variety of cues, these mechanisms enable us to be on guard against harmful beliefs, while being open enough to change our minds when presented with the right evidence. Even failures—when we accept false confessions, spread wild rumors, or fall for quack medicine—are better explained as bugs in otherwise well-functioning cognitive mechanisms than as symptoms of general gullibility.

Not Born Yesterday shows how we filter the flow of information that surrounds us, argues that we do it well, and explains how we can do it better still.



Our Minds, Our Selves

Keith Oatley

9780691204499

£18.99 • \$22.95

Trade Paperback

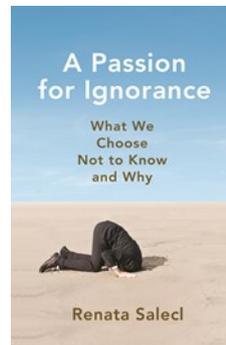
Psychology / History

March 2020

Princeton University Press

An original history of psychology told through the stories of its most important breakthroughs—and the men and women who made them

In *Our Minds, Our Selves*, distinguished psychologist and writer Keith Oatley provides an engaging, original, and authoritative history of modern psychology told through the stories of its most important breakthroughs and the men and women who made them. The book traverses a fascinating terrain: conscious and unconscious knowledge, brain physiology, emotion, mental development, language, memory, mental illness, creativity, human cooperation, and much more. Biographical sketches illuminate the thinkers behind key insights: historical figures such as Darwin, Piaget, Skinner, and Turing; leading contemporaries such as Michael Tomasello and Tania Singer; and influential people from other fields, including Margaret Mead, Noam Chomsky, and Jane Goodall. Enhancing our understanding of ourselves and others, psychology holds the potential to create a better world. *Our Minds, Our Selves* tells the story of this most important of sciences in a new and appealing way.



A Passion for Ignorance

Renata Salecl

9780691240992

£17.99 • \$21.95

Trade Paperback

Psychology / Social Psychology

November 2022

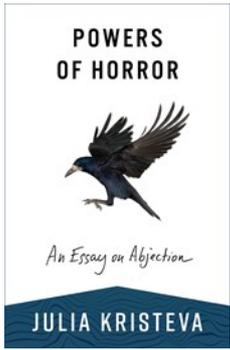
Princeton University Press

An original and provocative exploration of our capacity to ignore what is inconvenient or traumatic

Ignorance, whether passive or active, conscious or unconscious, has always been a part of the human condition, Renata Salecl argues. What has changed in our post-truth, postindustrial world is that we often feel overwhelmed by the constant flood of information and misinformation. It sometimes seems impossible to differentiate between truth and falsehood and, as a result, there has been a backlash against the idea of expertise, and a rise in the number of people actively choosing not to know. The dangers of this are obvious, but Salecl challenges our assumptions, arguing that there may also be a positive side to ignorance, and that by addressing the role of ignorance in society, we may also be able to reclaim the role of knowledge.

Drawing on philosophy, social and psychoanalytic theory, popular culture, and her own experience, Salecl explores how the passion for ignorance plays out in many different aspects of life today, from love, illness, trauma, and the fear of failure to genetics, forensic science, big data, and the incel movement—and she concludes that ignorance is a complex phenomenon that can, on occasion, benefit individuals and society as a whole.

The result is a fascinating investigation of how the knowledge economy became an ignorance economy, what it means for us, and what it tells us about the world today.



Powers of Horror

Julia Kristeva
9780231214575
£20.00 • \$24.00
Trade Paperback
Psychology / Movements / Psychoanalysis
November 2023
Columbia University Press

Julia Kristeva offers an extensive and profound consideration of the nature of abjection. Drawing on Freud and Lacan, she analyzes the nature of attitudes toward repulsive subjects and examines the function of these topics in the writings of Louis-Ferdinand Celine, Marcel Proust, James Joyce, and other authors.



Psychology of Yoga and Meditation

C. G. Jung
9780691217857
£22.00 • \$27.95
Trade Paperback
Psychology / Movements / Jungian
February 2023
Princeton University Press

Jung's illuminating lectures on the psychology of Eastern spirituality

Between 1933 and 1941, C. G. Jung delivered a series of public lectures at the Swiss Federal Institute of Technology (ETH) in Zurich. Intended for a general audience, these lectures addressed a broad range of topics, from dream analysis to the psychology of alchemy. Here for the first time are Jung's illuminating lectures on the psychology of yoga and meditation, delivered between 1938 and 1940.

In these lectures, Jung discusses the psychological technique of active imagination, seeking to find parallels with the meditative practices of different yogic and Buddhist traditions. He draws on three texts to introduce his audience to Eastern meditation: Patañjali's *Yoga Sūtra*, the *Amitāyur-dhyāna-sūtra* from Chinese Pure Land Buddhism, and the *Shrī-chakra-sambhāra Tantra*, a scripture related to tantric yoga. The lectures offer a unique opportunity to encounter Jung as he shares his ideas with the general public, providing a rare window on the application of his comparative method while also shedding light on his personal history and psychological development.

Featuring an incisive introduction by Martin Liebscher as well as explanations of Jungian concepts and psychological terminology, *Psychology of Yoga and Meditation* provides invaluable insights into the evolution of Jung's thought and a vital key to understanding his later work.



The Quotable Jung

C. G. Jung
9780691181196
£16.99 • \$19.95
Trade Paperback
Psychology / Movements / Jungian
July 2018
Princeton University Press

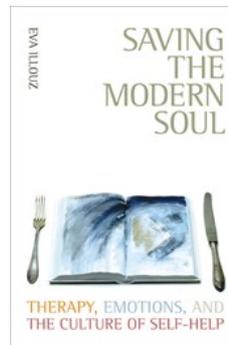
The definitive one-volume collection of Jung quotations

C. G. Jung (1875–1961) was a preeminent thinker of the modern era. In seeking to establish an interdisciplinary science of analytical psychology, he studied psychiatry, religion, mysticism, literature, physics, biology, education, and criminology. He introduced the concepts of extraversion and introversion, and terms such as complex, archetype, individuation, and the collective unconscious. He stressed the primacy of finding meaning in our lives.

The Quotable Jung is the single most comprehensive collection of Jung quotations ever assembled. It is the essential introduction for anyone new to Jung and the Jungian tradition. It will also inspire those familiar with Jung to view him in an entirely new way. *The Quotable Jung* presents hundreds of the most representative selections from the vast array of Jung's books, essays, correspondence, lectures, seminars, and interviews, as well as the celebrated *Red Book*, in which Jung describes his own fearsome confrontation with the unconscious. Organized thematically, this collection covers such topics as the psyche, the symbolic life, dreams, the analytic process, good and evil, creativity, alchemical transformation, death and rebirth, the problem of the opposites, and more. The quotations are arranged so that the reader can follow the thread of Jung's thought on these topics while gaining an invaluable perspective on his writings as a whole.

Succinct and accessible, *The Quotable Jung* also features a preface by Judith Harris and a detailed chronology of Jung's life and work.

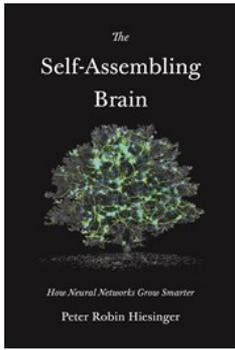
- The single most comprehensive collection of Jung quotations ever assembled
- Features hundreds of quotes
- Covers such topics as the psyche, dreams, good and evil, death and rebirth, and more
- Includes a detailed chronology of Jung's life and work
- Serves as the ideal introduction to Jung and the Jungian tradition



Saving the Modern Soul

Eva Illouz
9780520253735
£30.00 • \$34.95
Trade Paperback
Psychology
March 2008
University of California Press

The language of psychology is all-pervasive in American culture—from *The Sopranos* to *Oprah*, from the abundance of self-help books to the private consulting room, and from the support group to the magazine advice column. *Saving the Modern Soul* examines the profound impact of therapeutic discourse on our lives and on our contemporary notions of identity. Eva Illouz plumbs today's particular cultural moment to understand how and why psychology has secured its place at the core of modern identity. She examines a wide range of sources to show how self-help culture has transformed contemporary emotional life and how therapy complicates individuals' lives even as it claims to dissect their emotional experiences and heal trauma.



The Self-Assembling Brain

Peter Robin Hiesinger

9780691241692

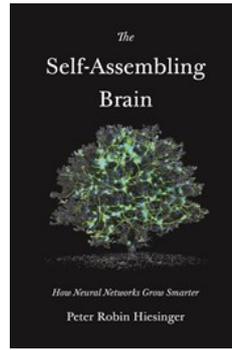
£20.00 • \$24.95

Trade Paperback

Science / Life Sciences / Neuroscience

December 2022

Princeton University Press



The Self-Assembling Brain

Peter Robin Hiesinger

9780691181226

£28.00 • \$32.00

Hardcover

Science / Life Sciences / Neuroscience

May 2021

Princeton University Press

What neurobiology and artificial intelligence tell us about how the brain builds itself

How does a neural network become a brain? While neurobiologists investigate how nature accomplishes this feat, computer scientists interested in artificial intelligence strive to achieve this through technology. *The Self-Assembling Brain* tells the stories of both fields, exploring the historical and modern approaches taken by the scientists pursuing answers to the quandary: What information is necessary to make an intelligent neural network?

As Peter Robin Hiesinger argues, “the information problem” underlies both fields, motivating the questions driving forward the frontiers of research. How does genetic information unfold during the years-long process of human brain development—and is there a quicker path to creating human-level artificial intelligence? Is the biological brain just messy hardware, which scientists can improve upon by running learning algorithms on computers? Can AI bypass the evolutionary programming of “grown” networks? Through a series of fictional discussions between researchers across disciplines, complemented by in-depth seminars, Hiesinger explores these tightly linked questions, highlighting the challenges facing scientists, their different disciplinary perspectives and approaches, as well as the common ground shared by those interested in the development of biological brains and AI systems. In the end, Hiesinger contends that the information content of biological and artificial neural networks must unfold in an algorithmic process requiring time and energy. There is no genome and no blueprint that depicts the final product. The self-assembling brain knows no shortcuts.

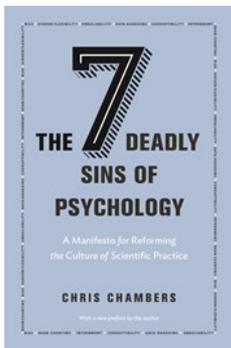
Written for readers interested in advances in neuroscience and artificial intelligence, *The Self-Assembling Brain* looks at how neural networks grow smarter.

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The Seven Deadly Sins of Psychology

Chris Chambers

9780691192277

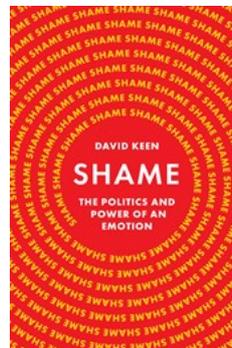
£17.99 • \$20.95

Trade Paperback

Psychology / Research & Methodology

July 2019

Princeton University Press



Shame

David Keen

9780691183756

£30.00 • \$35.00

Hardcover

Psychology / Social Psychology

October 2023

Princeton University Press

Why psychology is in peril as a scientific discipline—and how to save it

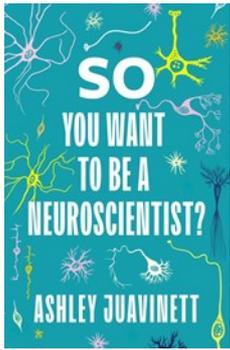
Psychological science has made extraordinary discoveries about the human mind, but can we trust everything its practitioners are telling us? In recent years, it has become increasingly apparent that a lot of research in psychology is based on weak evidence, questionable practices, and sometimes even fraud. *The Seven Deadly Sins of Psychology* diagnoses the ills besetting the discipline today and proposes sensible, practical solutions to ensure that it remains a legitimate and reliable science in the years ahead. In this unflinchingly candid manifesto, Chris Chambers shows how practitioners are vulnerable to powerful biases that undercut the scientific method, how they routinely torture data until it produces outcomes that can be published in prestigious journals, and how studies are much less reliable than advertised. Left unchecked, these and other problems threaten the very future of psychology as a science—but help is here.

The uses of shame (and shamelessness) in spheres that range from social media and consumerism to polarized politics and mass violence

Today, we are caught in a shame spiral—a vortex of mutual shaming that pervades everything from politics to social media. We are shamed for our looks, our culture, our ethnicity, our sexuality, our poverty, our wrongdoings, our politics. But what is the point of all this shaming and countershaming? Does it work? And if so, for whom?

In *Shame*, David Keen explores the function of modern shaming, paying particular attention to how shame is instrumentalized and weaponized. Keen points out that there is usually someone who offers an escape from shame—and that many of those who make this offer have been piling on shame in the first place. Self-interested manipulations of shame, Keen argues, are central to understanding phenomena as wide-ranging as consumerism, violent crime, populist politics, and even war and genocide. Shame is political as well as personal. To break out of our current cycle of shame and shaming, and to understand the harm that shame can do, we must recognize the ways that shame is being made to serve political and economic purposes.

Keen also traces the rise of leaders on both sides of the Atlantic who possess a dangerous shamelessness, and he asks how shame and shamelessness can *both* be damaging. Answering this question means understanding the different *types* of shame. And it means understanding how shame and shamelessness interact—not least when shame is instrumentalized by those who are selling shamelessness. Keen points to a perverse and inequitable distribution of shame, with the victims of poverty and violence frequently being shamed, while those who benefit tend to exhibit shamelessness and even pride.



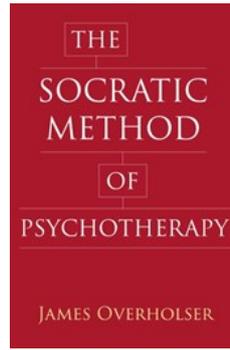
So You Want to Be a Neuroscientist?

Ashley Juavinett
9780231190893
£16.99 • \$19.95
Trade Paperback
Science / Life Sciences / Neuroscience
December 2020
Columbia University Press

The pursuit to understand the human brain in all its intricacy is a fascinatingly complex challenge and neuroscience is one of the fastest-growing scientific fields worldwide. There is a wide range of career options open to those who wish to pursue a career in neuroscience, yet there are few resources that provide students with inside advice on how to go about it.

So You Want to Be a Neuroscientist? is a contemporary and engaging guide for aspiring neuroscientists of diverse backgrounds and interests. Fresh with the experience of having recently launched her own career, Ashley Juavinett provides a candid look at the field, offering practical guidance that explores everything from programming to personal stories.

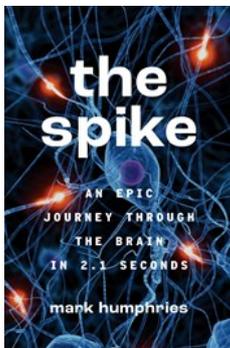
Juavinett begins with a look at the field and its history, exploring our evolving understanding of how the brain works. She then tackles the nitty-gritty: how to apply to a PhD program, the daily life of a graduate student, the art of finding mentors and collaborators, and what to expect when working in a lab. Finally, she introduces readers to diverse young scientists whose career paths illustrate what you can do with a neuroscience degree. For anyone intrigued by the brain or seeking advice on how to further their ambitions of studying it, *So You Want to Be a Neuroscientist?* is a practical and timely overview of how to learn and thrive in this exciting field.



The Socratic Method of Psychotherapy

James Overholser
9780231183291
£30.00 • \$37.00
Trade Paperback
Psychology / Psychotherapy
October 2018
Columbia University Press

As the field of psychotherapy focuses more on treatment manuals and the regimented nature of clinical research, the practice risks losing the subtle nuances that guide the interactive fluidity of therapy sessions. Can clinicians combat this loss by incorporating ideals from ancient philosophy into contemporary psychotherapy? In *The Socratic Method of Psychotherapy*, James Overholser approaches cognitive therapy through the interactive dialogues of Socrates, aiming to reduce the gap between theory and practice. Clinicians and students will appreciate the flexibility and creativity that underlie effective psychotherapy sessions when guided by the Socratic method as an innovative approach to self-exploration.



The Spike

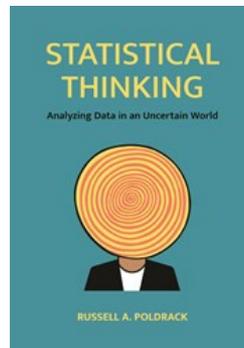
Mark Humphries
9780691241487
£15.99 • \$18.95
Trade Paperback
Science / Life Sciences / Neuroscience
January 2023
Princeton University Press

The story of a neural impulse and what it reveals about how our brains work

We see the last cookie in the box and think, can I take that? We reach a hand out. In the 2.1 seconds that this impulse travels through our brain, billions of neurons communicate with one another, sending blips of voltage through our sensory and motor regions. Neuroscientists call these blips “spikes.” Spikes enable us to do everything: talk, eat, run, see, plan, and decide. In *The Spike*, Mark Humphries takes readers on the epic journey of a spike through a single, brief reaction. In vivid language, Humphries tells the story of what happens in our brain, what we know about spikes, and what we still have left to understand about them.

Drawing on decades of research in neuroscience, Humphries explores how spikes are born, how they are transmitted, and how they lead us to action. He dives into previously unanswered mysteries: Why are most neurons silent? What causes neurons to fire spikes spontaneously, without input from other neurons or the outside world? Why do most spikes fail to reach any destination? Humphries presents a new vision of the brain, one where fundamental computations are carried out by spontaneous spikes that predict what will happen in the world, helping us to perceive, decide, and react quickly enough for our survival.

Traversing neuroscience’s expansive terrain, *The Spike* follows a single electrical response to illuminate how our extraordinary brains work.



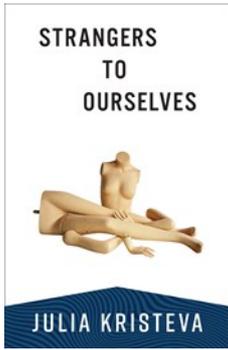
Statistical Thinking

Russell Poldrack
9780691218441
£35.00 • \$39.95
Trade Paperback
Psychology / Statistics
June 2023
Princeton University Press

An essential introduction to statistics for students of psychology and the social sciences

Statistical thinking is increasingly essential to understanding our complex world and making informed decisions based on uncertain data. This incisive undergraduate textbook introduces students to the main ideas of statistics in a way that focuses on deep comprehension rather than rote application or mathematical immersion. The presentation of statistical concepts is thoroughly modern, sharing cutting-edge ideas from the fields of machine learning and data science that help students effectively use statistical methods to ask questions about data. *Statistical Thinking* provides the tools to describe complex patterns that emerge from data and to make accurate predictions and decisions based on data.

- Introduces statistics from a uniquely modern standpoint, helping students to use the basic ideas of statistics to analyze real data
- Presents a model of statistics that ties together a broad range of statistical techniques that can be used to answer many different kinds of questions
- Explains how to use statistics to generate reproducible findings and avoid common mistakes in statistical practice
- Includes a wealth of examples using real-world data
- Accompanied by computer code in R and in Python—freely available online—that enables students to see how each example is generated and to code their own analyses

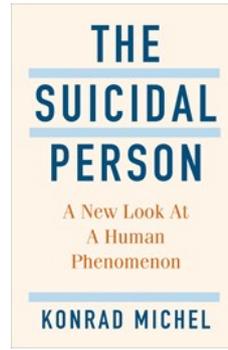


Strangers to Ourselves

Julia Kristeva
9780231214612
£20.00 • \$24.00
Trade Paperback
Psychology / Movements / Psychoanalysis
November 2023
Columbia University Press

This book is concerned with the notion of the stranger—the foreigner, outsider, or alien in a country and society not their own—as well as the notion of strangeness within the self, a person’s deep sense of being, as distinct from outside appearance and their conscious idea of self.

Julia Kristeva begins with the personal and moves outward by examining world literature and philosophy. She discusses the foreigner in Greek tragedy, in the Bible, and in the literature of the Middle Ages, Renaissance, Enlightenment, and the twentieth century. By considering the legal status of foreigners throughout history, Kristeva offers a different perspective on our own civilization.



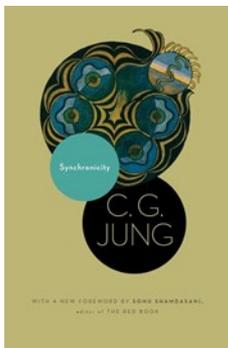
The Suicidal Person

Konrad Michel
9780231205306
£28.00 • \$32.00
Hardcover
Psychology / Suicide
September 2023
Columbia University Press

Konrad Michel, a leading psychiatrist and acclaimed expert, draws on decades of experience to offer necessary new ways of understanding—and preventing—suicide. After one of his first patients died by suicide, Michel devoted himself to researching self-harm. Writing vividly and personally, he recounts more than forty years of working with and learning from suicidal patients.

Michel shows that suicide is not just a consequence of mental illness but an action related to a person’s life story. Drawing on hundreds of interviews with suicidal patients, he argues that suicide and suicide attempts occur when someone experiences extreme emotional pain that severely impairs the ability to think and act rationally. Based on this understanding, Michel and his colleagues developed a person-centered approach to treatment that overcomes the limitations of the traditional medical model. Through a brief therapy, patients find a personally meaningful narrative understanding of their suicidal thoughts and impulses. People at risk can learn to recognize their vulnerabilities in order to manage potentially life-threatening situations and keep themselves safe. Michel emphasizes the importance of communication: medical professionals need to connect with patients as individuals to identify specific warning signs.

Both compassionate and rigorous, this book provides vital insight into suicide prevention and shows how changing attitudes will help save lives. It includes practical advice for people at risk, with special emphasis on young people, as well as for relatives and health professionals.



Synchronicity

C. G. Jung
9780691150505
£8.99 • \$10.95
Trade Paperback
Psychology / Movements / Psychoanalysis
November 2010
Princeton University Press

Jung was intrigued from early in his career with coincidences, especially those surprising juxtapositions that scientific rationality could not adequately explain. He discussed these ideas with Albert Einstein before World War I, but first used the term "synchronicity" in a 1930 lecture, in reference to the unusual psychological insights generated from consulting the *I Ching*. A long correspondence and friendship with the Nobel Prize-winning physicist Wolfgang Pauli stimulated a final, mature statement of Jung’s thinking on synchronicity, originally published in 1952 and reproduced here. Together with a wealth of historical and contemporary material, this essay describes an astrological experiment Jung conducted to test his theory. *Synchronicity* reveals the full extent of Jung’s research into a wide range of psychic phenomena.

This paperback edition of Jung’s classic work includes a new foreword by Sonu Shamdasani, Philemon Professor of Jung History at University College London.



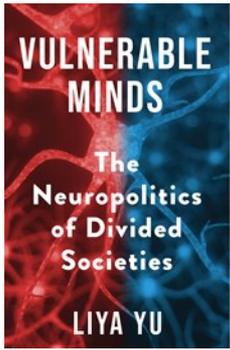
The Undiscovered Self

C. G. Jung
9780691150512
£8.99 • \$10.95
Trade Paperback
Psychology / Movements / Psychoanalysis
November 2010
Princeton University Press

These two essays, written late in Jung’s life, reflect his responses to the shattering experience of World War II and the dawn of mass society. Among his most influential works, "The Undiscovered Self" is a plea for his generation—and those to come—to continue the individual work of self-discovery and not abandon needed psychological reflection for the easy ephemera of mass culture. Only individual awareness of both the conscious and unconscious aspects of the human psyche, Jung tells us, will allow the great work of human culture to continue and thrive.

Jung’s reflections on self-knowledge and the exploration of the unconscious carry over into the second essay, "Symbols and the Interpretation of Dreams," completed shortly before his death in 1961. Describing dreams as communications from the unconscious, Jung explains how the symbols that occur in dreams compensate for repressed emotions and intuitions. This essay brings together Jung’s fully evolved thoughts on the analysis of dreams and the healing of the rift between consciousness and the unconscious, ideas that are central to his system of psychology.

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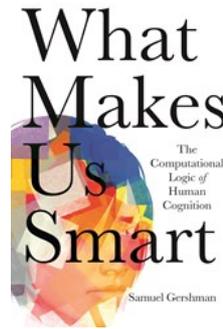


Vulnerable Minds

Liya Yu
9780231200318
£30.00 • \$35.00
Trade Paperback
Political Science / History & Theory
July 2022
Columbia University Press

Neuroscience research has raised a troubling possibility: Could the tendency to stigmatize others be innate? Some evidence suggests that the brain is prone to in-group and out-group classifications, with consequences from ordinary blind spots to full-scale dehumanization. Many are inclined to reject the argument that racism and discrimination could have a cognitive basis. Yet if we are all vulnerable to thinking in exclusionary ways—if everyone, from the most ardent social-justice advocates to bigots and xenophobes, has mental patterns and structures in common—could this shared flaw open new prospects for political rapprochement?

Liya Yu develops a novel political framework that builds on neuroscientific discoveries to rethink the social contract. She argues that our political selves should be understood in terms of our shared social capacities, especially our everyday exclusionary tendencies. Yu contends that cognitive dehumanization is the most crucial disruptor of cooperation and solidarity, and liberal values-based discourse is inadequate against it. She advances a new neuropolitical language of persuasion that refrains from moralizing or shaming and instead appeals to shared neurobiological vulnerabilities. Offering practical strategies to address those we disagree with most strongly, *Vulnerable Minds* provides timely guidance on meeting the challenge of including and humanizing others.



What Makes Us Smart

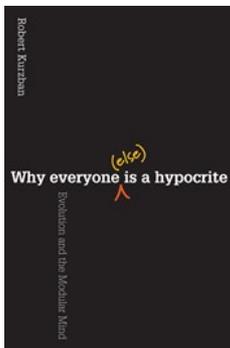
Samuel Gershman
9780691205717
£30.00 • \$37.00
Trade Paperback
Psychology / Cognitive Psychology & Cognition
October 2021
Princeton University Press

How a computational framework can account for the successes and failures of human cognition

At the heart of human intelligence rests a fundamental puzzle: How are we incredibly smart and stupid at the same time? No existing machine can match the power and flexibility of human perception, language, and reasoning. Yet, we routinely commit errors that reveal the failures of our thought processes. *What Makes Us Smart* makes sense of this paradox by arguing that our cognitive errors are not haphazard. Rather, they are the inevitable consequences of a brain optimized for efficient inference and decision making within the constraints of time, energy, and memory—in other words, data and resource limitations. Framing human intelligence in terms of these constraints, Samuel Gershman shows how a deeper computational logic underpins the “stupid” errors of human cognition.

Embarking on a journey across psychology, neuroscience, computer science, linguistics, and economics, Gershman presents unifying principles that govern human intelligence. First, inductive bias: any system that makes inferences based on limited data must constrain its hypotheses in some way before observing data. Second, approximation bias: any system that makes inferences and decisions with limited resources must make approximations. Applying these principles to a range of computational errors made by humans, Gershman demonstrates that intelligent systems designed to meet these constraints yield characteristically human errors.

Examining how humans make intelligent and maladaptive decisions, *What Makes Us Smart* delves into the successes and failures of cognition.



Why Everyone (Else) Is a Hypocrite

Robert Kurzban
9780691154398
£18.99 • \$22.95
Trade Paperback
Psychology
May 2012
Princeton University Press

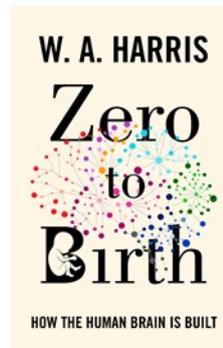
The evolutionary psychology behind human inconsistency

We're all hypocrites. Why? Hypocrisy is the natural state of the human mind.

Robert Kurzban shows us that the key to understanding our behavioral inconsistencies lies in understanding the mind's design. The human mind consists of many specialized units designed by the process of evolution by natural selection. While these modules sometimes work together seamlessly, they don't always, resulting in impossibly contradictory beliefs, vacillations between patience and impulsiveness, violations of our supposed moral principles, and overinflated views of ourselves.

This modular, evolutionary psychological view of the mind undermines deeply held intuitions about ourselves, as well as a range of scientific theories that require a “self” with consistent beliefs and preferences. Modularity suggests that there is no “I.” Instead, each of us is a contentious “we”—a collection of discrete but interacting systems whose constant conflicts shape our interactions with one another and our experience of the world.

In clear language, full of wit and rich in examples, Kurzban explains the roots and implications of our inconsistent minds, and why it is perfectly natural to believe that everyone else is a hypocrite.



Zero to Birth

William A. Harris
9780691211312
£22.00 • \$27.95
Hardcover
Science / Life Sciences / Neuroscience
May 2022
Princeton University Press

A revelatory tale of how the human brain develops, from conception to birth and beyond

By the time a baby is born, its brain is equipped with billions of intricately crafted neurons wired together through trillions of interconnections to form a compact and breathtakingly efficient supercomputer. *Zero to Birth* takes you on an extraordinary journey to the very edge of creation, from the moment of an egg's fertilization through each step of a human brain's development in the womb—and even a little beyond.

As pioneering experimental neurobiologist W. A. Harris guides you through the process of how the brain is built, he takes up the biggest questions that scientists have asked about the developing brain, describing many of the thrilling discoveries that were foundational to our current understanding. He weaves in a remarkable evolutionary story that begins billions of years ago in the Proterozoic eon, when multicellular animals first emerged from single-cell organisms, and reveals how the growth of a fetal brain over nine months reflects the brain's evolution through the ages. Our brains have much in common with those of other animals, and Harris offers an illuminating look at how comparative animal studies have been crucial to understanding what makes a human brain human.

An unforgettable chronicle of one of nature's greatest achievements, *Zero to Birth* describes how the brain's incredible feat of orchestrated growth ensures that every brain is unique, and how breakthroughs at the frontiers of science are helping us to decode many traits that only reveal themselves later in life.



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