



CALIFORNIA

COLUMBIA

PRINCETON

THE UNIVERSITY PRESS GROUP

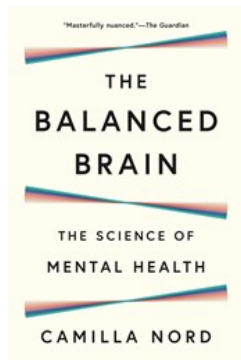
Psychology & Neuroscience

New and Best of Backlist

Spring / Summer 2024

The University Press Group

Psychology & Neuroscience 2024



The Balanced Brain – The Science of Mental Health

Camilla Nord
9780691259635

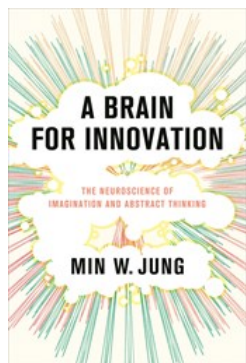
£25.00 • \$29.95 • Hardcover
Science / Life Sciences / Neuroscience
March 2024
Princeton University Press

How we can use what we've learned about the brain to improve our mental health

There are many routes to mental well-being. In this groundbreaking book, neuroscientist Camilla Nord offers a fascinating tour of the scientific developments that are revolutionising the way we think about mental health, showing why and how events—and treatments—can affect people in such different ways.

In *The Balanced Brain*, Nord explains how our brain constructs our sense of mental health—actively striving to maintain balance in response to our changing circumstances. While a mentally healthy brain deals well with life's turbulence, poor mental health results when the brain struggles with disruption. But just what is the brain trying to balance? Nord describes the foundations of mental health in the brain—from the neurobiology of pleasure, pain and desire to the role of mood-mediating chemicals like dopamine, serotonin and opioids. She then pivots to interventions, revealing how antidepressants, placebos and even recreational drugs work; how psychotherapy changes brain chemistry; and how the brain and body interact to make us feel physically (as well as mentally) healthy. Along the way, Nord explains how the seemingly small things we use to lift our moods—a piece of chocolate, a walk, a chat with a friend—work on the same pathways in our brains as the latest treatments for mental health disorders.

Understanding the cause of poor mental health is one of the crucial questions of our time. But the answer is unique to each of us, and it requires finding what helps our brains rebalance and thrive. With so many factors at play, there are more possibilities for recovery and resilience than we might think.



A Brain for Innovation – The Neuroscience of Imagination and Abstract Thinking

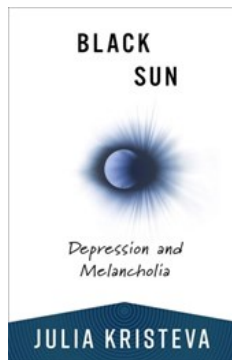
Min W. Jung
9780231213363

£30.00 • \$35.00 • Hardcover
Science / Life Sciences / Neuroscience
January 2024
Columbia University Press

What sets humans apart from other animals? Perhaps more than anything else, it is the capacity for innovation. The accumulation of discoveries throughout history, big and small, has enabled us to build global civilizations and gain power to shape our environment. But what makes humans as a species so innovative?

Min W. Jung offers a new understanding of the neural basis of innovation in terms of humans' exceptional capacity for imagination and high-level abstraction. He provides an engaging account of recent advances in neuroscience that have shed light on the neural underpinnings of these profoundly important abilities. Jung examines key discoveries concerning the hippocampus and neural circuits that have demystified the processes underlying imagination and abstract thinking. He also considers how these capacities might have evolved as well as possible futures for intelligence.

Bringing together disparate findings in neuroscience, psychology, anthropology, and artificial intelligence, *A Brain for Innovation* develops a unified perspective on the mechanisms of imagination, abstract thought, and creativity. Presenting cutting-edge neuroscientific research in a way that is accessible to readers without a background in the subject, this book is essential reading for anyone interested in the biological basis of one of the most fundamental aspects of human nature.

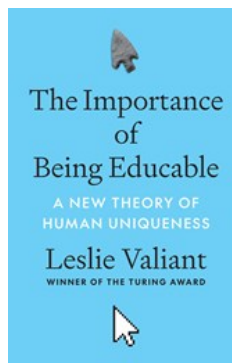


Black Sun – Depression and Melancholia

Julia Kristeva
9780231214537

£20.00 • \$24.00 • Paperback
Psychology / Movements / Psychoanalysis
January 2024
Columbia University Press

Julia Kristeva examines melancholia across 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 considers 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 Importance of Being Educable – A New Theory of Human Uniqueness

Leslie Valiant
9780691230566

£25.00 • \$29.95 • Hardcover
Science / Life Sciences / Neuroscience
April 2024
Princeton University Press

In the age of AI, why our future depends on better understanding what makes us human

We are at a crossroads in history. If we hope to share our planet successfully with one another and the AI systems we are creating, we must reflect on who we are, how we got here, and where we are heading. *The Importance of Being Educable* puts forward a provocative new exploration of the extraordinary facility of humans to absorb and apply knowledge. The remarkable "educability" of the human brain can be understood as an information processing ability. It sets our species apart, enables the civilization we have, and gives us the power and potential to set our planet on a steady course. Yet it comes hand in hand with an insidious weakness. While we can readily absorb entire systems of thought about worlds of experience beyond our own, we struggle to judge correctly what information we should trust.

In this visionary book, Leslie Valiant argues that understanding the nature of our own educability is crucial to safeguarding our future. After breaking down how we process information to learn and apply knowledge, and drawing comparisons with other animals and AI systems, he explains why education should be humankind's central preoccupation.

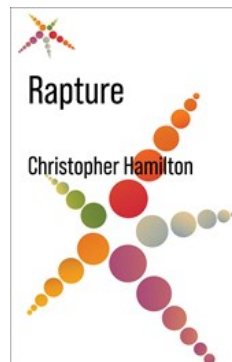
Will the unique capability that has been so foundational to our achievements and civilization continue to drive our progress, or will we fall victim to our vulnerabilities? If we want to play to our species' great strength and protect our collective future, we must better understand and prioritize the vital importance of being educable. This book provides a road map.



Powers of Horror – An Essay on Abjection

Julia Kristeva
9780231214575
£20.00 • \$24.00 • Paperback
Psychology / Movements / Psychoanalysis
January 2024
Columbia University Press

In *Powers of Horror*, 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 Céline, Marcel Proust, James Joyce, and other authors. Kristeva identifies the abject with the eruption of the real and the presence of death. She explores how art and religion each offer ways of purifying the abject, arguing that amid abjection, boundaries between subject and object break down.

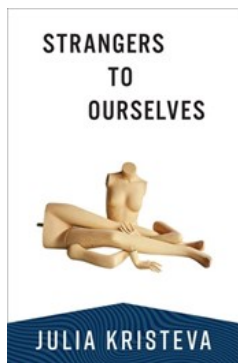


Rapture

Christopher Hamilton
9780231201551
£16.99 • \$20.00 • Paperback
Psychology / Emotions
May 2024
Columbia University Press

What is it like to experience rapture? For philosopher Christopher Hamilton, it is a loss of self that is also a return to self—an overflowing and emptying out of the self. In this inviting book, he reflects on the nature of rapture and its crucial yet unacknowledged place in our lives.

Hamilton explores moments of rapture in everyday existence and aesthetic experience, tracing its disruptive power and illuminating its philosophical significance. Rapture is found in sexual love and other forms of intense physical experience, such as Philippe Petit's nerve-defying wire walk between the Twin Towers. Hamilton also locates it in quieter but equally joyous moments, such as contemplating a work of art or the natural world. He considers a range of examples in philosophy and culture—Nietzsche and Weil, Woolf and Chekhov, the extremes of experience in Werner Herzog's films—as well as aspects of ordinary life, from illness to gardening. Conversational and evocative, this book calls on us to ask how we might make ourselves more open to experiences of rapturous joy and freedom.

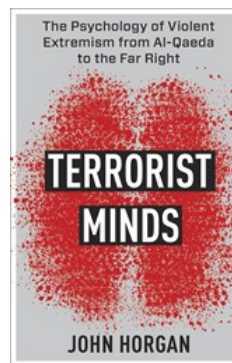


Strangers to Ourselves

Julia Kristeva
9780231214612
£20.00 • \$24.00 • Paperback
Psychology / Movements / Psychoanalysis
January 2024
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.



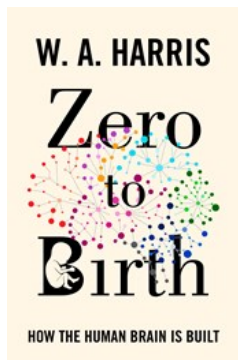
Terrorist Minds – The Psychology of Violent Extremism from Al-Qaeda to the Far Right

John Horgan
9780231198394
£25.00 • \$30.00 • Paperback
Psychology
January 2024
Columbia University Press

What makes a person want to become a terrorist? Who becomes involved in terrorism, and why? In what ways does participating in violent extremism change someone? And how can people become deradicalized?

John Horgan—one of the world's leading experts on the psychology of terrorism—takes readers on a globe-spanning journey into the terrorist mindset. Drawing on groundbreaking personal interviews as well as decades of research from psychologists and others, he traces the pathways that lead people into violent extremism and explores what happens to them as their involvement deepens. Horgan provides an up-to-date, evidence-based understanding of the patterns, motives, and mentalities of violent extremists from the Islamic State and al-Shabaab to white supremacists and incels. He argues that there is not a straightforward psychological profile of a terrorist, in part because of the great variety of today's extremists, who are able to attract a more diverse pool of recruits than ever before. But even though there is no one-size-fits-all profile, psychological study can provide crucial insight into why and how people become terrorists.

Accessible and nuanced, *Terrorist Minds* is an essential book for readers interested in what psychology can explain about extremist behavior.



Zero to Birth – How the Human Brain Is Built

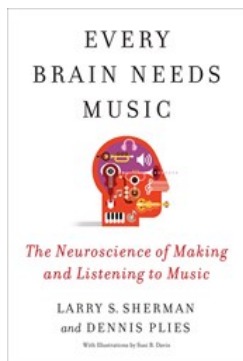
William A. Harris
9780691253947
£16.99 • \$19.95 • Paperback
Science / Life Sciences / Neuroscience
January 2024
Princeton University Press

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.



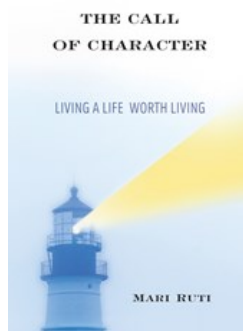
Every Brain Needs Music – The Neuroscience of Making and Listening to Music

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.



The Call of Character – Living a Life Worth Living

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.



Free Agents – How Evolution Gave Us Free Will

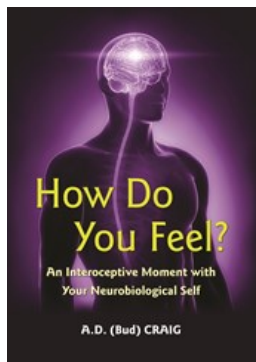
Kevin J. Mitchell
9780691226231
£25.00 • \$29.95 • Hardcover
Science / Life Sciences / Neuroscience
October 2023
Princeton University Press

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.



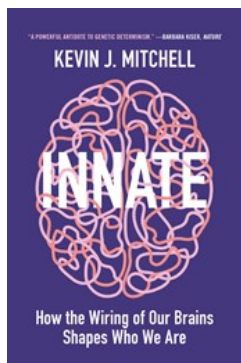
How Do You Feel? – An Interoceptive Moment with Your Neurobiological Self

A. D. Craig
9780691204086
£28.00 • \$34.00 • 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.

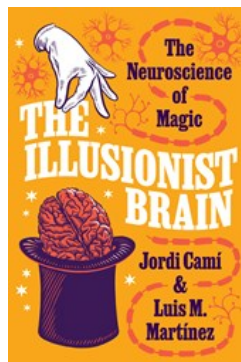


Innate – How the Wiring of Our Brains Shapes Who We Are

Kevin J. Mitchell
9780691204154
£15.99 • \$18.95 • 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.



The Illusionist Brain – The Neuroscience of Magic

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.



Jung on Ignatius of Loyola's Spiritual Exercises – Lectures Delivered at ETH Zurich, Volume 7: 1939–1940

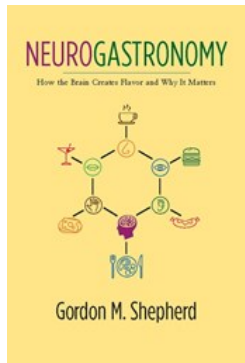
C. G. Jung
9780691244167
£35.00 • \$39.95 • Hardcover
Psychology / Movements / Jungian
March 2023
Princeton University Press

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.



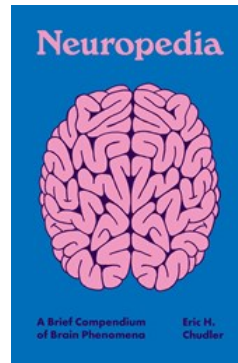
Neurogastronomy – How the Brain Creates Flavor and Why it Matters

Gordon Shepherd
9780231159111
£15.99 • \$18.95 • Paperback
Science / Life Sciences / Neuroscience
August 2013
Columbia University Press

Leading neuroscientist Gordon M. Shepherd embarks on a paradigm-shifting trip through the "human brain flavor system," laying the foundations for a new scientific field: neurogastronomy. Challenging the belief that the sense of smell diminished during human evolution, Shepherd argues that this sense, which constitutes the main component of flavor, is far more powerful and essential than previously believed.

Shepherd begins *Neurogastronomy* with the mechanics of smell, particularly the way it stimulates the nose from the back of the mouth. As we eat, the brain conceptualizes smells as spatial patterns, and from these and the other senses it constructs the perception of flavor. Shepherd then considers the impact of the flavor system on contemporary social, behavioral, and medical issues. He analyzes flavor's engagement with the brain regions that control emotion, food preferences, and cravings, and he even devotes a section to food's role in drug addiction and, building on Marcel Proust's iconic tale of the madeleine, its ability to evoke deep memories.

Shepherd connects his research to trends in nutrition, dieting, and obesity, especially the challenges that many face in eating healthily. He concludes with human perceptions of smell and flavor and their relationship to the neural basis of consciousness. Everyone from casual diners and ardent foodies to wine critics, chefs, scholars, and researchers will delight in Shepherd's fascinating, scientific-gastronomic adventures.



Neuropedia – A Brief Compendium of Brain Phenomena

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.

- Features a cloth cover with an elaborate foil-stamped design



The Neuroscience of Emotion – A New Synthesis

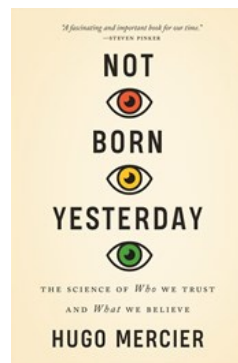
Ralph Adolphs
9780691174082
£45.00 • \$53.00 • Hardcover
Science / Life Sciences / Neuroscience
June 2018
Princeton University Press

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.



Not Born Yesterday – The Science of Who We Trust and What We Believe

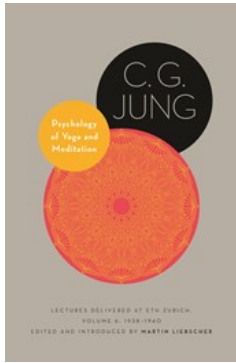
Hugo Mercier
9780691208923
£16.99 • \$19.95 • Paperback
Psychology / Social Psychology
April 2022
Princeton University Press

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.



Psychology of Yoga and Meditation - Lectures Delivered at ETH Zurich, Volume 6: 1938-1940

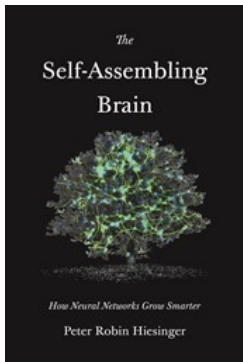
C. G. Jung
9780691217857
£22.00 • \$27.95 • Paperback
Psychology / Movements / Jungian
March 2023
Princeton University Press

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 Self-Assembling Brain - How Neural Networks Grow Smarter

Peter Robin Hiesinger
9780691241692
£20.00 • \$24.95 • Paperback
Science / Life Sciences / Neuroscience
January 2023
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.



The Quotable Jung

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

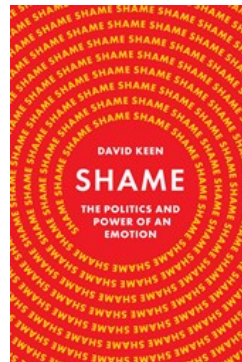
The definitive one-volume collection of Jung quotations

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



Shame - The Politics and Power of an Emotion

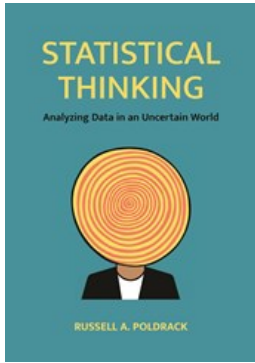
David Keen
9780691183756
£30.00 • \$35.00 • Hardcover
Psychology / Social Psychology
November 2023
Princeton University Press

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.



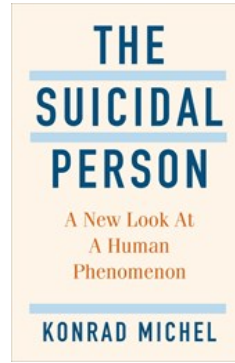
Statistical Thinking – Analyzing Data in an Uncertain World

Russell Poldrack
9780691218441
£35.00 • \$39.95 • Paperback
Psychology / Statistics
August 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



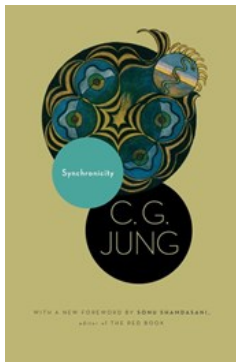
The Suicidal Person – A New Look at a Human Phenomenon

Konrad Michel
9780231205306
£28.00 • \$32.00 • Hardcover
Psychology / Suicide
October 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.

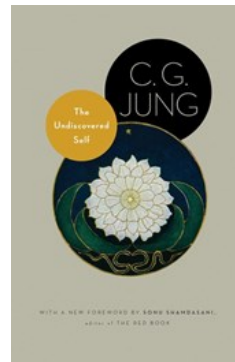


Synchronicity – An Acausal Connecting Principle. (From Vol. 8. of the Collected Works of C. G. Jung)

C. G. Jung
9780691150505
£8.99 • \$10.95 • Paperback
Psychology / Movements / Psychoanalysis
February 2011
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, Pilemon Professor of Jung History at University College London.



The Undiscovered Self – With Symbols and the Interpretation of Dreams

C. G. Jung
9780691150512
£8.99 • \$10.95 • Paperback
Psychology / Movements / Psychoanalysis
February 2011
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.

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

_____	The Balanced Brain – The Science of Mental Health	Page • 1	_____	Black Sun – Depression and Melancholia	Page • 1
_____	A Brain for Innovation – The Neuroscience of Imagination and Abstract Thinking	Page • 1	_____	The Call of Character – Living a Life Worth Living	Page • 3
_____	Every Brain Needs Music – The Neuroscience of Making and Listening to Music	Page • 3	_____	Free Agents – How Evolution Gave Us Free Will	Page • 3
_____	How Do You Feel? – An Interoceptive Moment with Your Neurobiological Self	Page • 4	_____	The Illusionist Brain – The Neuroscience of Magic	Page • 4
_____	The Importance of Being Educable – A New Theory of Human Uniqueness	Page • 1	_____	Innate – How the Wiring of Our Brains Shapes Who We Are	Page • 4
_____	Jung on Ignatius of Loyola's Spiritual Exercises – Lectures Delivered at ETH Zurich, Volume 7: 1939–1940	Page • 4	_____	Neurogastronomy – How the Brain Creates Flavor and Why it Matters	Page • 5
_____	Neuropedia – A Brief Compendium of Brain Phenomena	Page • 5	_____	The Neuroscience of Emotion – A New Synthesis	Page • 5
_____	Not Born Yesterday – The Science of Who We Trust and What We Believe	Page • 5	_____	Powers of Horror – An Essay on Abjection	Page • 2
_____	Psychology of Yoga and Meditation – Lectures Delivered at ETH Zurich, Volume 6: 1938–1940	Page • 6	_____	The Quotable Jung	Page • 6
_____	Rapture	Page • 2	_____	The Self-Assembling Brain – How Neural Networks Grow Smarter	Page • 6
_____	Shame – The Politics and Power of an Emotion	Page • 6	_____	Statistical Thinking – Analyzing Data in an Uncertain World	Page • 7
_____	Strangers to Ourselves	Page • 2	_____	The Suicidal Person – A New Look at a Human Phenomenon	Page • 7
_____	Synchronicity – An Acausal Connecting Principle. (From Vol. 8. of the Collected Works of C. G. Jung)	Page • 7	_____	Terrorist Minds – The Psychology of Violent Extremism from Al-Qaeda to the Far Right	Page • 2
_____	The Undiscovered Self – With Symbols and the Interpretation of Dreams	Page • 7	_____	Zero to Birth – How the Human Brain Is Built	Page • 3