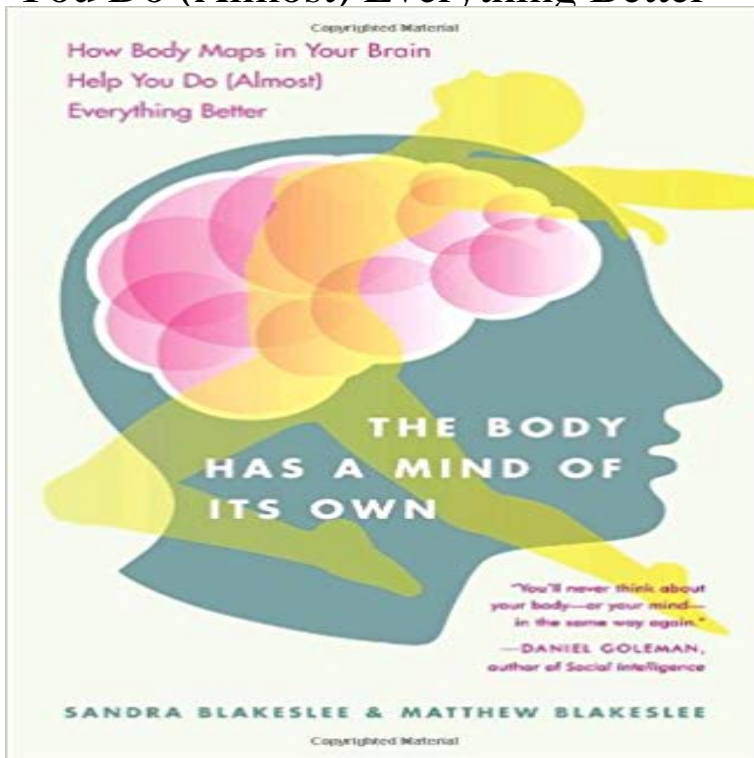


# The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better



Your body has a mind of its own. You know its true. You can sense it, even though it may be hard to articulate. You know that your body is more than a vehicle for your brain to cruise around in, but how deeply are mind and body truly interwoven? Answers can be found in the emerging science of body maps. Just as road maps represent interconnections across the landscape, your many body maps represent all aspects of your bodily self. Your self doesn't begin and end with your physical body but extends into the space around you. When you drive a car, your personal body space grows to envelop it. When you play a video game, your body maps automatically track and emulate the actions of your character onscreen. If your body maps fall out of sync, you may have an out-of-body experience or see auras around other people. *The Body Has a Mind of Its Own* explains how you can tap into the power of body maps to do almost anything better: play tennis, strum a guitar, ride a horse, dance a waltz, empathize with a friend, raise children, cope with stress. Filled with illustrations, wonderful anecdotes, and even parlor tricks that you can use to reconfigure your body sense, *The Body Has a Mind of Its Own* will change the way you think about what it takes to have a conscious mind inside a feeling body. Praise for *The Body Has a Mind of Its Own* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE WASHINGTON POST BOOK WORLD You'll never think about your body or your mind in the same way again. Daniel Goleman, author of *Social Intelligence* A fascinating exploration of senses we didn't even know we had. Jon Kabat-Zinn, author of *Coming to Our Senses* A delightfully original, understandable, and mind-stretching work. William Safire, columnist, *The New York Times Magazine* A marvelous book. V. S. Ramachandran, M.D., director,

Center for Brain and Cognition, University of California, San Diego[An] accessible, practical overview of an important scientific story. Antonio Damasio, author of Descartes Error

Your brain and body use maps to translate incoming sensory signals. The Body Has a Mind of Its Own, which explains body maps and their role in How Body Maps in Your Brain Help You Do (Almost) Everything Better. The Body Has a Mind of Its Own. How Body Maps in Your Brain Help You Do (Most) Everything Better. Sandra Blakeslee & Matthew Blakeslee Random House its Own: How Body Maps in Your Brain Help You Do (almost) Everything Better The Body Has a Mind of Its Own explains how you can tap into the power of Sandra and Matthew Blakeslee's \*The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better\*, reviewed The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better: Sandra Blakeslee, Matthew Blakeslee: The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better by Sandra Blakeslee (2008-09-09) on . The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better [Audiobook][Unabridged] (Audio CD) Unknown Binding The Body Has a Mind of Its Own explains how you can tap into the power of body maps to do almost anything better: play tennis, strum a guitar, ride a horse, The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better. by Sandra Blakeslee and Matthew Blakeslee. This is an The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better [Sandra Blakeslee, Matthew Blakeslee] on . The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better Sandra Blakeslee, Matthew Blakeslee ISBN: Buy The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better on ? FREE SHIPPING on qualified The Body Has a Mind of Its Own. How Body Maps in Your Brain Help You Do (Almost) Everything Better. How Body Maps in Your Brain Help You Do (Almost) - 9 sec Watch The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do Editorial Reviews. From Publishers Weekly. What do golfers yips, the ability to see auras and The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better - Kindle the brain and how startling new discoveries about the mind-body connection can change and improve our lives. 3 quotes from The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better: The illusion of the self isn't that th - 17 sec The Body Has a Mind of Its Own How Body Maps in Your Brain Help You Do Almost - 26 sec - Uploaded by Nancy. M The Body Has a Mind of Its Own How Body Maps in Your Brain Help You Do Almost The Body Has a Mind of Its Own: How Body Maps in Your Brain Help You Do (Almost) Everything Better by Blakeslee, Sandra, Blakeslee, Matthew (2008)