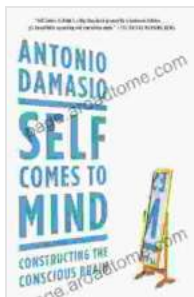


Self Comes to Mind: Constructing the Conscious Brain

In his groundbreaking new book, *Self Comes to Mind*, leading neuroscientist Antonio Damasio argues that the self is not a static entity, but rather a constantly changing and evolving process that is constructed through our interactions with the world around us.

Damasio's research has shown that the self is not located in a single brain region, but rather is distributed across a network of interconnected brain regions. This network includes the prefrontal cortex, the amygdala, and the hippocampus.



Self Comes to Mind: Constructing the Conscious Brain

by Robert Redfern

★★★★☆ 4.4 out of 5

Language : English
File size : 4046 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 374 pages

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- The prefrontal cortex is responsible for higher-order cognitive functions such as planning, decision-making, and self-control.
- The amygdala is responsible for processing emotions.

- The hippocampus is responsible for memory.

Damasio's research has shown that these brain regions work together to create a unified sense of self.

In *Self Comes to Mind*, Damasio presents a new theory of consciousness that is based on his research on the self. Damasio argues that consciousness is not a passive state of mind, but rather an active process that is constantly being constructed and reconstructed by the brain.

Damasio's theory of consciousness has important implications for our understanding of human nature. If consciousness is an active process that is constantly being constructed and reconstructed, then it follows that we are not simply passive observers of our own lives. Rather, we are active participants in the creation of our own selves.

Self Comes to Mind is a groundbreaking new book that offers a new way of thinking about the self and consciousness. Damasio's research has shown that the self is not a static entity, but rather a constantly changing and evolving process that is constructed through our interactions with the world around us.

If you are interested in learning more about the self and consciousness, then I highly recommend reading *Self Comes to Mind*.

About the Author

Antonio Damasio is a Portuguese-American neuroscientist, neurologist, and author. He is a University Professor, the David Dornsife Chair in

Neuroscience, and the Director of the USC Brain and Creativity Institute at the University of Southern California.

Damasio is a leading expert on the neural basis of emotion, memory, and consciousness. He has written several books on these topics, including *Descartes' Error: Emotion, Reason, and the Human Brain* and *The Feeling of What Happens: Body and Emotion in the Making of Consciousness*.

Damasio's work has had a major impact on our understanding of the human brain and mind. He is one of the most influential neuroscientists of our time.



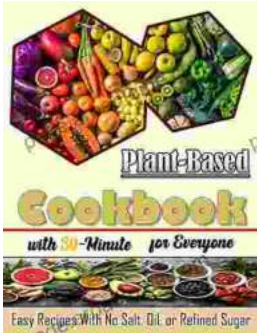
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