

The Compass Of Pleasure How Our Brains Make Fatty Foods Orgasm Exercise Marijuana Generosity Vodka Learning And Gambling Feel So Good By David J Linden April 19 2011

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The Compass of Pleasure: How Our Brains Make Fatty Foods ...

The Compass of Pleasure makes clear why drugs like nicotine and heroin are addictive while LSD is not, how fast food restaurants ensure that diners will eat more, why some people cannot resist the appeal of a new sexual encounter, and much more. Provocative and illuminating, this is a radically new and thorough look at the desires that define us.

The Compass of Pleasure: How Our Brains Make Fatty Foods ...

The Compass of Pleasure: How Our Brains Make Fatty Foods, Orgasm, Exercise, Marijuana, Generosity, Vodka, Learning, and Gambling Feel So Good

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The Compass of Pleasure: How Our Brains Make Fatty Foods ...

In The Compass of Pleasure Johns Hopkins neuroscientist David J. Linden explains how pleasure affects us at the most fundamental level: in our brain. As he did in his award-winning book, The...

The Compass of Pleasure: How Our Brains Make Fatty Foods ...

That's the question neuroscientist David Linden asks in his new book The Compass of Pleasure: How Our Brains Make Fatty Foods, Orgasm, Exercise, Marijuana, Generosity, Vodka, Learning, and Gambling...

The Compass Of Pleasure': Why Some Things Feel So Good - NPR

THE COMPASS OF PLEASURE HOW OUR BRAINS MAKE FATTY FOODS, ORGASM, EXERCISE, MARIJUANA, GENEROSITY, VODKA, LEARNING, AND GAMBLING FEEL SO GOOD by David J. Linden | RELEASE DATE: April 18, 2011 Journal of Neurophysiology editor in chief Linden (Neuroscience/Johns Hopkins Univ.;

THE COMPASS OF PLEASURE | Kirkus Reviews

Pleasure is our compass no matter the direction we seek. Social things, like exercise and generosity and learning for the sake of learning, give us a pleasure buzz that at the anatomical and...

'Compass of Pleasure': Sex, drugs and volunteer work ...

'Compass Of Pleasure': Why Some Things Feel So Good June 23, 2011 NPR "What does it really mean for the brain to experience pleasure? That's the question neuroscientist David Linden asks in his new book The Compass of Pleasure: How Our Brains Make Fatty Foods, Orgasm, Exercise, Marijuana..."

'Compass Of Pleasure': Why Some Things Feel So Good ...

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COMPASS - Menunjuk arah, yang kami yakini benar

In The Compass of Pleasure Johns Hopkins neuroscientist David J. Linden explains how pleasure affects us at the most fundamental level: in our brain. As he did in his award-winning book, The Accidental Mind , Linden combines cutting-edge science with entertaining anecdotes to illuminate the source of the behaviors that can lead us to ecstasy but that can easily become compulsive.

The Compass of Pleasure by David J. Linden: 9780143120759 ...

The Compass of Pleasure (2011) explains what seemingly different experiences, from taking heroin to giving to charity, from overeating to orgasm, have in common: their impact on our brain's pleasure circuitry. These blinks reveal the way pleasurable experiences rewire our brains over time and explain the true nature of addiction.

The Compass of Pleasure by David J. Linden

Check out this great listen on Audible.com. A leading brain scientist's look at the neurobiology of pleasure - and how pleasures can become addictions. Whether eating, taking drugs, engaging in sex, or doing good deeds, the pursuit of pleasure is a central drive of the human animal. In The Compass...

The Compass of Pleasure Audiobook | David J. Linden ...

In The Compass of Pleasure Johns Hopkins neuroscientist David J. Linden explains how pleasure affects us at the most fundamental level: in our brain. As he did in his award-winning book, The Accidental Mind , Linden combines cutting-edge science with entertaining anecdotes to illuminate the source of the behaviors that can lead us to ecstasy but that can easily become compulsive.

The Compass of Pleasure en Apple Books

For those of you who aren't satisfied with simply working on changing your eating habits, but also want to understand the biology behind some of them, I recommend David J. Linden's THE COMPASS OF PLEASURE|HOW OUR BRAINS MAKE FATTY FOODS, ORGASM, EXERCISE, MARIJUANA, GENEROSITY, VODKA, LEARNING, AND GAMBLING FEEL SO GOOD.

The Compass of Pleasure by David J. Linden

From the New York Times bestselling author comes a "hugely entertaining" (NPR.org) look at vice and virtue through cutting-edge science As he did in his award-winning book The Accidental Mind, David J. Linden, highly regarded neuroscientist, professor, and writer,weaves empirical science with entertaining anecdotes to explain how the gamut of behaviors that give us a buzz actually operates. The Compass of Pleasure makes clear why drugs like nicotine and heroin are addictive while LSD is not, how fast food restaurants ensure that diners will eat more, why some people cannot resist the appeal of a new sexual encounter, and much more. Provocative and illuminating, this is a radically new and thorough look at the desires that define us.

A leading brain scientist's look at the neurobiology of pleasure-and how pleasures can become addictions. Whether eating, taking drugs, engaging in sex, or doing good deeds, the pursuit of pleasure is a central drive of the human animal. In The Compass of Pleasure Johns Hopkins neuroscientist David J. Linden explains how pleasure affects us at the most fundamental level: in our brain. As he did in his award-winning book, The Accidental Mind, Linden combines cutting-edge science with entertaining anecdotes to illuminate the source of the behaviors that can lead us to ecstasy but that can easily become compulsive. Why are drugs like nicotine and heroin addictive while LSD is not? Why has the search for safe appetite suppressants been such a disappointment? The Compass of Pleasure concludes with a provocative consideration of pleasure in the future, when it may be possible to activate our pleasure circuits at will and in entirely novel patterns.

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will discover the different types of addictions and how the quest for pleasure can make us sink into addiction. You will also discover that : everything happens first in our brain; addictions can be hereditary; the best will in the world is not enough to get out of an addiction; sports can be addictive; our ideas are as addictive as any drug. Are we all addicted to activities that give us strong emotions? Whether it's gambling, shopping, food or sex, the person responsible for this addiction has a name: the FMT, or pleasure bundle of our brain. David J. Linden, professor of neuroscience and author of "All Addicts!", explains in his book how it is possible to go from pleasure to addiction. "Buy now the summary of this book for the modest price of a cup of coffee!

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. How to stop an addiction? By understanding the brain structure of pleasure, you will be able to better understand how we find pleasure in an activity and why we may fall into an addiction. In this book, you will learn: How do we find pleasure in an activity? How can we become addicted to a substance? How can we become obese despite ourselves? What is the difference between love and sex in our sense of pleasure? How can we become addicted to gambling? How can we activate the pleasure circuit with a healthy habit? Our answers to these questions are easy to understand, simple to implement and quick to execute. Ready to stop an addiction? Let's go ! "Buy now the summary of this book for the modest price of a cup of coffee!

How Our Brains Make Fatty Foods, Orgasm, Exercise, Marijuana, Generosity, Vodka, Learning, and Gambling Feel so Good. Why is it that eating pizza, hamburgers, and cake feels so good while eating broccoli, carrots, and greens doesn't feel like anything at all? Why do some people become addicted to drugs, gambling, and sex while others don't? Well, neuroscience is here to help answer these questions and shed some light on why some activities are pleasurable and why others aren't. The Compass of Pleasure explains exactly why drugs like heroin are addictive while LSD is not, why some people cannot resist the appeal of a new sexual encounter, and why others find themselves back at the blackjack table despite experiencing crippling debt and bankruptcy. As you read, you'll also learn how every vice has one thing in common, how cigarettes are more addictive than heroin, and why 'pure altruism' may not even exist. Do you want more free book summaries like this? Download our app for free at https://www.QuickRead.com/App and get access to hundreds of free book and audiobook summaries. DISCLAIMER: This book summary is meant as a summary and an analysis and not a replacement for the original work. If you like this summary please consider purchasing the original book to get the full experience as the original author intended it to be. If you are the original author of any book published on QuickRead and want us to remove it, please contact us at hello@quickread.com.

The "New York Times" bestselling author of "The Compass of Pleasure" examines how our sense of touch is interconnected with our emotions Dual-function receptors in our skin make mint feel cool and chili peppers hot.

Linden sets the record straight about the construction of the human brain; rather than the "beautifully-engineered optimized device, the absolute pinnacle of design" portrayed in many dumbed-down text books, pop-science tomes, and education televisions programs, Linden's organ is a complicated assembly of cobbled-together functionality that created the mind as a by-product of ad-hoc solutions to questions of survival. His guided tour of the glorious amalgam of "crummy parts" includes pit-stops in the histories and fundamentals of neurology, neural-psychology, physiology, molecular and cellular biology, and genetics.

Paolo Gallo offers a unique pathway toward identifying the right career, finding the ideal job and developing a moral compass | the solid value system that will then anchor the reader in their professional lives. With a creative and engaging mix of coaching practice, management theories, case studies and personal story-telling, this book helps readers to identify both their own compass | which relates to integrity, passion and internal value systems | and radar | which helps them to understand organizational complexity and 'read' workplace dynamics and situations. The Compass and the Radar is founded on a series of searching questions that will enable anyone to find their compass and radar to achieve personal success: · How can I find out what my real strengths and talents are? · Do I love what I do? · How can I find a job with a company that truly reflects my values? · What is the price I am willing to pay for a meaningful and rewarding career? · How should I define a successful career? Key chapters offer practical tools, as well as insights on the trade-offs and difficult choices that everyone will need to make at some point in their career | all of which will underline the importance of having the most robust moral compass. In the midst of a volatile and uncertain world, one in which technology, AI and digital resources are transforming working environments, The Compass and the Radar allows readers to pause, reflect, and consider who they are, what they stand for, and how to remain free.

A spirited collection of essays by cutting-edge neuroscientists that irreverently explores the quirky and counterintuitive aspects of brain function Neuroscientist David J. Linden approached leading brain researchers and asked each the same question: "What idea about brain function would you most like to explain to the world?" Their responses make up this one-of-a-kind collection of popular science essays that seeks to expand our knowledge of the human mind and its possibilities. The contributors, whose areas of expertise include human behavior, molecular genetics, evolutionary biology, and comparative anatomy, address a host of fascinating topics ranging from personality to perception, to learning, to beauty, to love and sex. The manner in which individual experiences can dramatically change our brains! makeup is explored. Professor Linden and his contributors open a new window onto the landscape of the human mind and into the cutting-edge world of neuroscience with a fascinating and enlightening compilation that science enthusiasts and professionals alike will find accessible and enjoyable.

Fiction. Latino/Latina Studies. "This novella of compressed, accreting, hungry paragraphs is full of sparkling diction and pinching rhythms; mysteriously, it silhouettes its interlocking motifs. Geography, family sadness, facts about the Old and New Worlds come into play. A real pleasure of a book."Stacey Levine "Sandy Florian's gorgeous meditation, BOXING THE COMPASS, begins with kinds of unfolding, a sort of anti-origami of intention and desire: like love letters or lovers' bodies, exposing and withholding simultaneously. Any reader who opens herself, himself to this book is risking a special kind of pleasure. But the presiding engagement is not pleasure itself, but experience of unfolding, which can also be violent:an earthquake is a cosmic origami, and an accurate account of the mind awakening in this extraordinary book."Bin Ramke

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