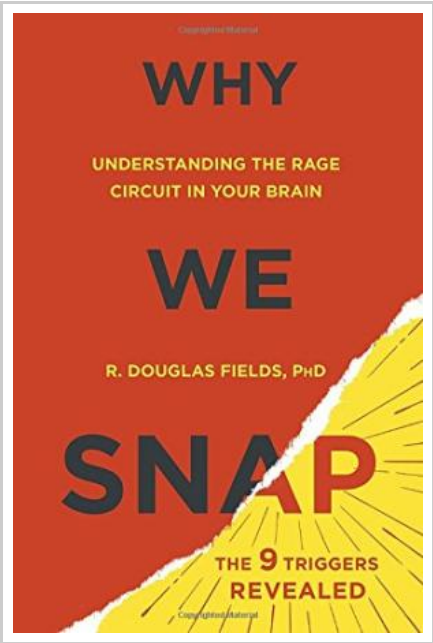


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Why We Snap: Understanding the Rage Circuit in Your Brain (Hardback)

By Douglas Fields

Penguin Putnam Inc, United States, 2016. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. The startling new science behind sudden acts of violence and the nine triggers this groundbreaking researcher has uncovered We all have a rage circuit we can t fully control once it is engaged asR. Douglas Fields, PhD, reveals in this essential book for our time. The daily headlines are filled with examples of otherwise rational people with no history of violence or mental illness suddenly snapping in a domestic dispute, an altercation with police, or road rage attack. We all wish to believe that we are in control of our actions, but the fact is, in certain circumstances we are not.The sad truth is that the right trigger in the right circumstance can unleash a fit of rage in almost anyone. But there is a twist: Essentially the same pathway in the brain that can result in a violent outburst can also enable us to act heroically and altruistically before our conscious brain knows what we are doing. Think of the stranger who dives into a frigid winter lake to save a drowning child. Dr. Fields is an internationally recognized...

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