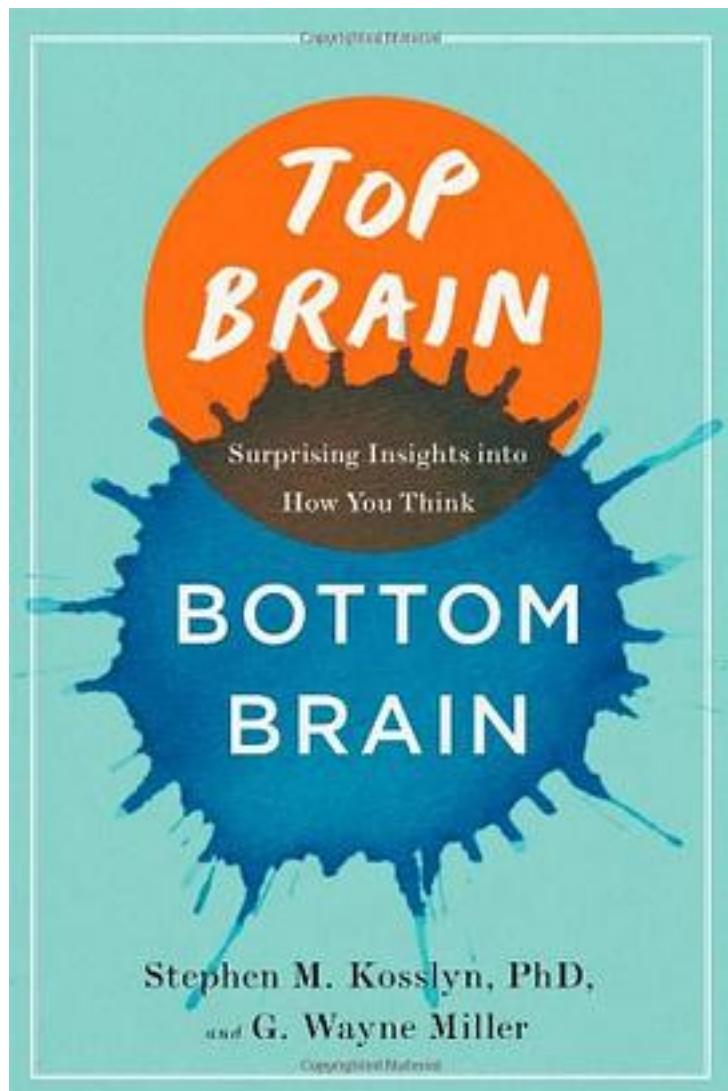


# Top Brain, Bottom Brain



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著者:Stephen Kosslyn

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In this groundbreaking contribution to the literature of human personality, a celebrated psychologist and an award-winning author offer an exciting new way of thinking about our minds—and ourselves—based on a new way of looking at the brain. With cowriter G. Wayne Miller, Dr. Stephen M. Kosslyn, a leader in the field of cognitive neuroscience, explains an exciting new theory of the brain for the first time. Summarizing extensive research in an inviting and accessible way, Kosslyn and Miller describe how the top and bottom parts of the brain work together, producing four modes of thought: Mover, Adaptor, Stimulator, and Perceiver. These ways of thinking and behaving shape your personality, and with the scientifically developed test provided in the book, you'll quickly be able to determine which mode best defines your dominant mode of thought. Once you've identified your dominant cognitive mode, the possible practical applications are limitless, from how you conduct business, to your romantic relationships, to your voyage of personal discovery.

For the past fifty years, popular culture has led us to believe in the left brain vs. right brain theory of personality types. Right-brain people, we've been told, are artistic, intuitive, and thoughtful, whereas left-brain people tend to be more analytical, logical, and objective. It would be an illuminating theory if it did not have one major drawback: It is simply not supported by science. In contrast, the new theory is based on solid research that has stayed within the confines of labs all over the world—until now.

## 作者介绍:

Stephen Michael Kosslyn (born 1948) is an American psychologist who specializes in the fields of cognitive psychology and cognitive neuroscience. Until 31 December 2010 he was John Lindsley Professor of Psychology in Memory of William James and Dean of Social Science at Harvard University, having previously been chair of the Department of Psychology at Harvard University. As of 1 January 2011, he became director of the Center for Advanced Study in the Behavioral Sciences at Stanford University.

Kosslyn received his B.A. in 1970 from UCLA and his Ph.D. in 1974 from Stanford University, both in psychology. His Ph.D. advisor was Gordon Bower. His former teaching career includes Johns Hopkins and Brandeis Universities.

## 目录:

[Top Brain, Bottom Brain\\_ 下载链接1](#)

## 标签

心理学

思维

心理

认知风格

英文原版

育儿

人格

society

评论

根据已经看到的书评来看，这个有关认知风格的推论在逻辑上还是有缺陷的——当然，这是建立在你是一个生物基础派、认为任何推论都不应该超越生理基础太远的价值观上。其实这个上脑下脑的理论比左脑右脑论并没有高级多少，但从二维到四维总算是比较多元的选择。

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这本书挺学术，相关观点文献来龙去脉交待的挺清楚，但最后自己的观点论证的比较中庸，以至于成功打破我的旧观念后，让我不知道他的新理论我信到何种程度才合适

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书评

这本书属于认知神经学，主要介绍人类大脑以及与大脑密切相关的认知模式，作者是美国著名的认知神经系统科学家斯蒂芬M·科斯林和G·韦恩·米勒。

(一) “左脑、右脑”观念的来源

“左脑、右脑”观念来源于1981年诺贝尔医学奖获得者罗杰·斯佩里 (Roger Sperry) 所进行的割裂脑...

读过《双脑记》，了解[了加扎尼加的“裂脑”研究]历程，斯佩里和加扎尼加的研究让我们认识到了左右脑具有不同功能。  
然而，当普及到大众文化之后，这就变成了一种神经迷思 (neuromyth)：有人是左脑型人才，有人是右脑型，以营利性为目的的企业就开始开发如何提高右脑思维模式...

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