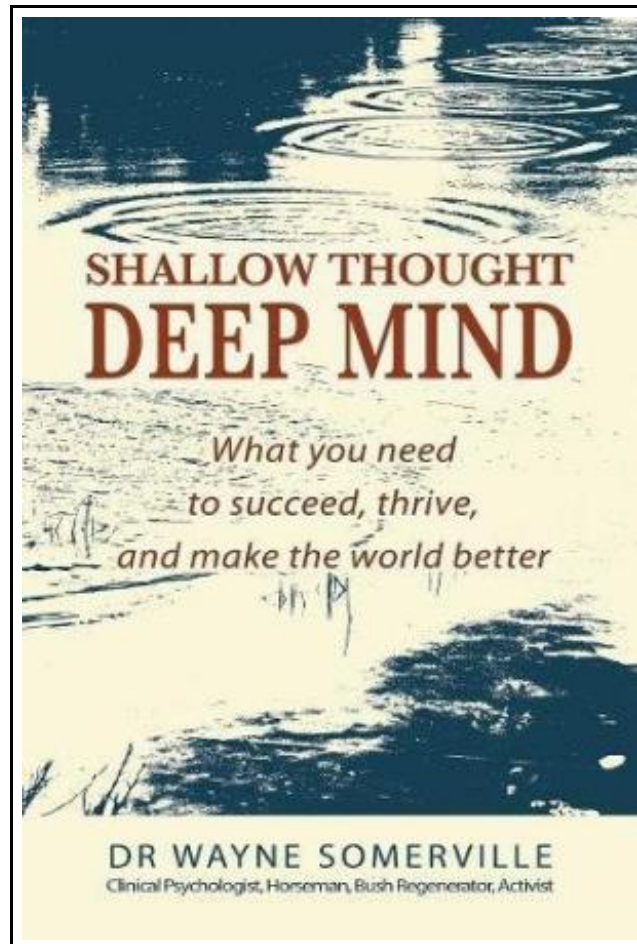


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Reviews

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Dr Wayne Somerville, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In this post-truth age, as problems proliferate, reason retreats. The human spirit is strong. There s nothing fundamentally wrong with the human mind. But in times like these, the ancient, simple ways of thinking and behaving that got us here threaten to take us out. The way we use our mind is both the problem and the promise. Our thoughts and actions will determine what follows for us and for the generations to come. The wisdom of our deep mind can transform lives and the world, but success will depend on how we put our mental machinery to work. Shallow Thought, Deep Mind is for everyone who takes on life s challenges and dreams of a brighter tomorrow. Drawing on his experiences as a clinical psychologist, horseman, bush regenerator, and environmental activist, Dr Somerville guides you on a journey to discover who you really are, what you could be, and how you can make the world better. Part 1 looks at shallow thought - what it is and how it can create trouble - and what it takes to find solutions to big problems. It explores the evolutionary role that shallow thinking has played in the survival of our kind across time. The book then discusses three big challenges from the author s life: to find gentle therapies for psychological trauma, to develop a treatment for forest dieback, and to protect rural communities from invasive gas field industrialisation. The challenges appear different, but all could be solved only by going beyond shallow thinking to the deep mind. Even the most complex problems can be solved when you have the key. In Part 2, Shallow Thought, Deep Mind examines the Key Mental Processes that...



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