
THE REST PRINCIPLE

a neurophysiological theory
of behavior

JOHN DAVID SINCLAIR



Ψ Psychology Press
Taylor & Francis Group

Rest Principle A Neurophysiological Theory Of Behavior

James H. Austin



Rest Principle A Neurophysiological Theory Of Behavior:

The Rest Principle John David Sinclair, 2014-04-04 First published in 1982 The human brain is the most complex object on Earth that can be studied scientifically a collection of over 100 billion neurons squeezed into a space about the size of a grapefruit which somehow is able to control all that you feel do and know There still is little understanding of the most important and interesting functions of the brain such as what really happens up there when you learn something when you are thinking or when you are feeling happy In this book the author attempts to organize nearly the entire field of psychology within a single new theory based upon only one very simple assumption about neuronal functioning **Zen and the Brain**

James H. Austin, 1999-06-04 A neuroscientist and Zen practitioner interweaves the latest research on the brain with his personal narrative of Zen Aldous Huxley called humankind's basic trend toward spiritual growth the perennial philosophy In the view of James Austin the trend implies a perennial psychophysiology because awakening or enlightenment occurs only when the human brain undergoes substantial changes What are the peak experiences of enlightenment How could these states profoundly enhance and yet simplify the workings of the brain *Zen and the Brain* presents the latest evidence In this book Zen Buddhism becomes the opening wedge for an extraordinarily wide ranging exploration of consciousness In order to understand which brain mechanisms produce Zen states one needs some understanding of the anatomy physiology and chemistry of the brain Austin both a neurologist and a Zen practitioner interweaves the most recent brain research with the personal narrative of his Zen experiences The science is both inclusive and rigorous the Zen sections are clear and evocative Along the way Austin examines such topics as similar states in other disciplines and religions sleep and dreams mental illness consciousness altering drugs and the social consequences of the advanced stage of ongoing enlightenment [The Cure for Alcoholism](#)

Roy Eskapa, 2012-10-23 Finally there is a cure for alcoholism This is the first step Featuring new and updated information and studies including an introduction by actress Claudia Christian the second edition of *The Cure for Alcoholism* delivers exactly what millions of alcoholics and families of alcoholics have been hoping for a painless dignified and medically proven cure for their addiction Backed by 82 clinical trials and research that extends back to 1964 The Sinclair Method deploys an opiate blocking medication in a very specific way in combination with ongoing drinking to extinguish the addictive software in the brain The de addiction process rolls back the addictive mechanism in the brain to its original pre addicted state before the first drink was consumed making this program an actual cure for alcoholism Drs Roy Eskapa and David Sinclair of The Sinclair Method have put together a sound scientific book that proves that with this particular method alcoholism can be cured in more than 78 percent of patients What's more the treatment avoids the dangerous withdrawal symptoms allowing patients to detox gradually and safely while they are still drinking This removes the need for expensive and unpleasant inpatient rehabilitation programs Actual drinking levels and cravings automatically decrease until control over alcohol is restored The bottom line is that patients can control their drinking or stop altogether with the simple yet

powerful process outlined in *The Cure for Alcoholism* Including a new introduction by actress Claudia Christian about The Sinclair Method s impact on her life updated trial information and a letter explaining the treatment that can be given to doctors by patients *The Cure for Alcoholism* is a revolutionary book for anyone who wants to gain control over drinking

Comparative Approaches to Cognitive Science H. L. Roitblat, Jean-Arcady Meyer, 1995 Presents an animal based largely non symbolic approach to understanding the basic mechanisms involved in adaptive intelligence Contributions discuss and explain concepts and techniques providing a balance of both theoretical and empirical approaches **Motivational**

Systems Frederick M. Toates, 1986-02-27 This well written and lively account of the principles of how motivational systems operate includes discussions of both theories and empirical results from individual systems The book deals with motivation at all levels from the physiological to that of mathematical modelling and explains complex ideas lucidly **Current Catalog**

National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 **Psychobiology** Nigel William Bond, David Siddle, 1989 Behavior Genetics , 1992 Actes , 1989 *International Journal of Neuroscience* , 1982

Medical and Health Care Books and Serials in Print , 1997 Subject Catalog Library of Congress, 1982

Dynamic Aspects of Neocortical Function Gerald M. Edelman, W. Einar Gall, W. Maxwell Cowan, Neurosciences Institute (New York, N.Y.), 1984 **LEIF** , 1995 **This World of Man** Pekka Kuusi, 1985 *Publications of the Research Laboratories of the Finnish State Alcohol Company* Alko Oy. Tutkimuslaboratorio, 1981 **Subject Catalog, 1982** Library of Congress, 1982 **The Publishers' Trade List Annual** , 1986 *Books in Print* , 1982 Stress and Coping in Nursing

Roy D. Bailey, Margaret Clarke, 1989 Increasingly stress as a concept is being used as an explanation of a wide variety of negative phenomena which are experienced by all people but which include nurses in particular and their patients Nursing has been identified as a high stress profession and one can hardly pick up a nursing journal or even read a newspaper article about nursing without finding the word stress used liberally Examples of its use are found in relation to sickness absence rates high level of nursing staff turnover discontent in nursing the effects of unemployment the effects of overwork having too much responsibility having too little responsibility or control the effects of constantly giving emotionally to others the causes of illness the effects of going into hospital delayed healing anxiety depression and alcoholism Given the heterogeneous nature of these phenomena some of which are the diametric opposite of others and that they are clearly being attributed to the one concept stress then that concept must necessarily be of importance within people s lives Or is it perhaps just a fashionable global but ultimately empty explanation Roy Bailey and I believe that stress is an extremely important concept Indeed we would argue that it is a meta concept rather than a concept which does indeed serve to explain many disparate phenomena

Rest Principle A Neurophysiological Theory Of Behavior Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Rest Principle A Neurophysiological Theory Of Behavior**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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