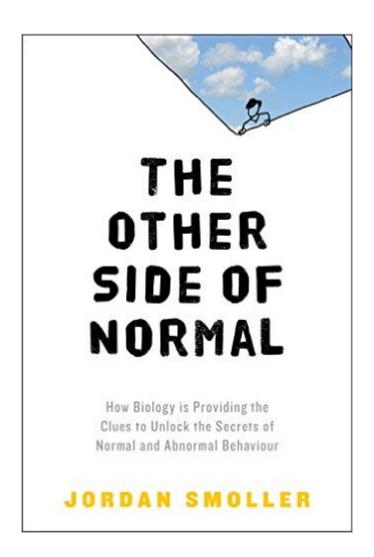
# The book was found

# The Other Side Of Normal: How Biology Is Providing The Clues To Unlock The Secrets Of Normal And Abnormal Behavior





# **Synopsis**

In this enthralling work of popular science, respected Harvard psychiatrist Jordan Smoller addresses one of humankindâ ™s most enduring and perplexing questions: What does it mean to be â œnormal?â • In The Other Side of Normal, Smoller explores the biological component of normalcy, revealing the hidden side of our everyday behaviorsâ "why we love what we love and fear what we fear. Other bestselling works of neurobiology and the mind have focused on mental illness and abnormal behaviorsâ "like the Oliver Sacks classic, The Man Who Mistook His Wife for a Hatâ "but The Other Side of Normal is an eye-opening, thought-provoking, utterly fascinating and totally accessible exploration of the universals of human experience. It will change forever our understanding of who we are and what makes us that way.

## **Book Information**

Hardcover: 400 pages

Publisher: William Morrow; First Edition edition (May 8, 2012)

Language: English

ISBN-10: 0061492191

ISBN-13: 978-0061492198

Product Dimensions: 6 x 1.2 x 9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â See all reviews (25 customer reviews)

Best Sellers Rank: #658,022 in Books (See Top 100 in Books) #186 in Books > Medical Books >

Psychology > Physiological Aspects #258 in Books > Health, Fitness & Dieting > Psychology &

Counseling > Physiological Aspects #398 in Books > Medical Books > Psychology >

Developmental Psychology

### Customer Reviews

Contrary to a review recently posted by GregJS, the "self-proclaimed central issue" of this book was not, to my read, a commentary on the socio-cultural aspects of defining normal. That sort of debate often centers on the idea that "normal" is a social construction; for instance, if we were all to decide tomorrow that walking on our hands was normal, then feet-walkers would suddenly be abnormal, and so normal is just what we decide it is. If you are looking for THAT commentary, GregJS is right, you'll be disappointed. This book, instead, takes a good, hard look at "abnormal," as defined by psychology and psychiatry (think back to your "Abnormal Psychology" class in college), and makes the reader think hard about what abnormal actually is (and isn't). Jordan Smoller, the author of The

Other Side of Normal\_ is a psychiatrist and epidemiologist, he is on the faculty at Harvard Medical School, and he's published a lot of research on the genetics of psychiatric disorders. And the book is very much written from that perspective (except maybe it's written much more clearly, and speaks to the layperson a lot more easily than you might expect from a Harvard professor). It includes a very very broad review of what we know about how biology contributes to human behavior. And the author suggests that in understanding how the brain is wired to do "normal" things (e.g., like respond to a dangerous encounter in a dark alley with a fight or flight instinct), we can better understand what psychology/psychiatry identify as "abnormal" (e.g., like anxiety disorders whereby people have that 'fight or flight' feeling, even when they're not in a dark alley and there's no one dangerous around).

### Download to continue reading...

The Other Side of Normal: How Biology Is Providing the Clues to Unlock the Secrets of Normal and Abnormal Behavior Biology: The Ultimate Self Teaching Guide - Introduction to the Wonderful World of Biology - 3rd Edition (Biology, Biology Guide, Biology For Beginners, Biology For Dummies, Biology Books) A Practical Guide to Fetal Echocardiography: Normal and Abnormal Hearts Essentials of Understanding Abnormal Behavior (MindTap for Psychology) Secrets of the Snow: Visual Clues to Avalanche and Ski Conditions Reading the Clues (Secrets of Mary's Bookshop) Planning for the Future: Providing a Meaningful Life for a Child With a Disability After Your Death Providing Cardiovascular Care (New Nursing Photobooks) Providing Reference Services for Archives & Manuscripts (Archival Fundamentals) Obstetrics: Normal and Problem Pregnancies (Obstetrics Normal and Problem Pregnancies) The Gospels Side-by-Side Side by Side: Student Book 1, Third Edition Side by Side Book 1 (Bk. 1) KEYS TO THE KINGDOM: PRINCIPLES OF SUCCESS IN THE BIBLE: Unlock the secrets to success The Dog Vinci Code: Unlock the Secrets to Training Your Dog The Blood Code: Unlock the Secrets of Your Metabolism Order In Chaos: How The Mandelbrot Set & Fractal Geometry Help Unlock the Secrets of The Entire Universe! (Mandelbrot Set, Fractal Geometry) Shyness: How Normal Behavior Became a Sickness How to Read Water: Clues and Patterns from Puddles to the Sea (Natural Navigation) Telling Lies: Clues to Deceit in the Marketplace, Politics, and Marriage

**Dmca**