



Mirroring People: The Science of Empathy and How We Connect with Others

By Marco Iacoboni

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What accounts for our remarkable ability to get inside another person's head--to know what he or she is thinking and feeling? Marco Iacoboni, a leading neuroscientist, explains the groundbreaking research into mirror neurons, the "smart cells" in our brain that allow us to understand others. From imitation to morality, from political affiliations to consumer choices, mirror neurons are relevant to myriad aspects of social cognition. *Mirroring People* is the first book for the general reader on this revolutionary new science.

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Editorial Review

From Publishers Weekly

How do we know what others are thinking and feeling? Why do we weep at movies? UCLA neuroscientist Iacoboni introduces readers to the world of mirror neurons and what they imply about human empathy, which, the author says, underlies morality. Mirror neurons allow us to interpret facial expressions of pain or joy and respond appropriately. Thanks to these neurons, Iacoboni writes, [w]e have empathy for... fictional characters—we know how they're feeling because the feeling is reproduced in us. Mirror neurons also help us learn by imitating, from newborns who instinctively copy facial gestures to adults learning a new skill. The author cites studies suggesting that when mirror neurons don't work properly, as in autism, encouraging imitative behavior, or social mirroring, can help. More ominously, Iacoboni sees mirror neurons as implicated in addiction and finds possible implications for how we react to consumer and even political ads. Iacoboni's expansive style and clear descriptions make for a solid introduction to cutting-edge neurobiology. (May 21)

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Review

“Want to learn what mirror neurons have to do with Super Bowl commercials, violent video games, autism, addiction, and even free will? This is your book.” *Discover magazine*

“Explaining how mirror neurons might change our notion of free will, act as neural precursors to language, and shed light on human empathy, Iacoboni nimbly takes us through the experiments that led to these findings.” *Seed magazine*

“Pioneer researcher Iacoboni balances technical detail with engaging historical perspective, humor, and idealism.” *Library Journal*

“To read this marvelously accessible book is to share Iacoboni's enthusiasm.... A book full of wonder and promise.” *Booklist*

About the Author

MARCO IACOBONI's research has been covered by newspapers around the country, and he has appeared on ABC *Good Morning America*, the CBS *Early Show*, and NPR *Morning Edition*, among other TV and radio programs.

Users Review

From reader reviews:

Patricia Jones:

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Frances Lockhart:

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Dena Jacobs:

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Harold Smith:

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