

Endorsement

English version of Brain, Attachment, Personality

In the last few decades the study of the brain and nervous system and its relationship to psychology has accelerated at a furious pace, the amount we have learned in those few years is greater than the sum of what was learned in all of the centuries prior. This exploding body of knowledge has led to a growing library on the relevance of neuroscience to psychological trauma and attachment. Unique among these books is Susan Hart's *Brain, Attachment, Personality*. Hart has brought a fresh and particularly grounded view to the surprisingly young field of attachment and neuroscience, enlightening the reader to the cutting edge and overlaps of both disciplines. At the book's core, Hart takes on complicated theories and explains them with clarity while exposing varying views of critical controversies. *Brain, Attachment, Personality* is written in a manner that both professional and lay readers will find accessible as well as informative. One of the strengths of Hart's manuscript is its humility: Nowhere does she draw premature or grandiose conclusions. Instead she recognizes that even the most compelling scientific findings will be subject to revision as the knowledge base continues to expand. Hart's willingness to be open to this flux of learning lends a credibility to her volume that is missing from many others in the field. Psychotherapists, researchers, and interested others will find *Brain, Attachment, Personality* a compelling and worthwhile read.

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The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment