

How Whole Brain Thinking Can Save the Future: Why Left Hemisphere Dominance Has Brought Humanity to the Brink of Disaster and How We Can Think Our Way to Peace and Healing

James Olson

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Whole Brain Thinking offers a thoughtful message of hope that transcends today's polarizing culture.

How Whole Brain Thinking Can Save the Future, by James Olson, promises to act as an antidote to the frazzled and fragmented nature of today's world, wherein daily life can feel overwhelming with stress, confusion, and a lack of stability. Is inner peace possible? Olson shows that such an ideal is truly within reach.

The author examines the characteristics and functions of both brain hemispheres to find ways to achieve and maintain equilibrium inside one's self and with the world. While popular thinking focuses on identifying which side of the brain is a person's primary, Olson contends that each person needs both sides, and that valuing each is the way to a more peace-filled life. Olson shows that people's beliefs about contentious issues such as sexuality, abortion, and war depend on their perceptions, which are conditioned by their perspective on their experience. In turn, their perspective is determined by which brain hemisphere is dominant, and whether and how their two hemispheres interact.

The author's multidisciplinary approach harnesses neuroscience, philosophy, and careful observation to bring depth and balance to the project, and to make it accessible to all audiences. Olson's tone and style is clear, concise, and accessible across academic realms and areas of interest. Audiences will have much to ponder and apply as they better understand the functions of their own brains—and how those elements affect their perceptions of the world.

This second edition has been reorganized, its key ideas are further developed, and it contains fascinating new ideas that make it an essential step forward in its author's body of work.

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MELISSA WUSKE (Fall 2016)

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