

MIND: Sneak Peek Overview

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SUMMARY

Dan Seagull's book "Mind" explores the complexities of consciousness, subjective experience, and the nature of the mind beyond mere brain activity. It challenges conventional definitions and invites readers to reflect on their own mental experiences while examining the evolution of mental health discussions over the past 40 years.

- *The book questions why the mind is rarely defined in fields like psychiatry and psychology.*
- *It explores the relationship between the mind, consciousness, and brain activity.*
- *Seagull examines historical perspectives on the mind, referencing figures like William James and Hippocrates.*
- *The narrative includes an autobiographical journey that connects personal experiences to broader scientific discussions.*
- *It encourages readers to reflect on their own mental lives and the nature of consciousness.*
- *The book aims to foster collective discussions about the mind and mental health.*
- *It addresses existential questions such as the purpose of life and our connections with others.*

hi my name is Dan seagull and it's a pleasure to introduce you to the book mind you may wonder what would a book called Mind be about well you guessed it it's not only about mind but it's about your mind and about the question of why is it that most fields that study the mind like where I came from Psychiatry or the field that I've been trained in Psychology or the fields of even cognitive Neuroscience short of just

saying the mind is brain activity why don't we Define what this mind is of course you may know that the mind is consciousness and subjective experience and information processing like our thoughts and our feelings but in fact mind may be something more than that and since the days of William James from 125 years ago or even 2500 years ago the time of hypocrates people have said the mind are Joys and Sorrows are just the output of what goes on in our head what

goes on in our brain well this book m asks the question is that the whole story and the way I wanted to address these issues that the mind is rarely defined and that we don't really know what this mind is and is it just the brain and the brain's activity I address by looking at the who what where when why and how of the mind and we dive deeply into your own experience of mental life and then we look at the

science of mind and then go on a journey and autobiographical Journey that's professional in its basis by looking at how the field of mental health and other areas that discuss what the mind is but rarely Define it how those have evolved over the last 40 years so in fiveyear epochs we explore a given topic and in the end it asks you as the reader to reflect on your own experience of mind what is consciousness really all

about what is time is there such a thing as a purpose of life that we can extract from the science of the mind and what I hope this book will do is give us a collective way of discussing these questions and open our own minds up to ways we are deeply connected with each other and the way we can bring Health to our own mental life so I look forward to your responses if you dive into the

Journey of mind with me in the book mind a journey to the heart of Being Human