



Synaptic Self: How Our Brains Become Who We Are

Joseph LeDoux

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In 1996 Joseph LeDoux's **The Emotional Brain** presented a revelatory examination of the biological bases of our emotions and memories. Now, the world-renowned expert on the brain has produced with a groundbreaking work that tells a more profound story: how the little spaces between the neurons—the brain's synapses—are the channels through which we think, act, imagine, feel, and remember. Synapses encode the essence of personality, enabling each of us to function as a distinctive, integrated individual from moment to moment. Exploring the functioning of memory, the synaptic basis of mental illness and drug addiction, and the mechanism of self-awareness, **Synaptic Self** is a provocative and mind-expanding work that is destined to become a classic.

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