



Neurodynamics of Personality

Jim Grigsby PhD, David W. Stevens

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How is each individual's unique personality formed? What is it about personality that can change, and why is change often so slow? Promising approaches to these perennial questions are suggested by the explosion of recent research in neuroscience and brain functioning. This timely volume presents a coherent, empirically based, and clinically useful framework for understanding personality. Jim Grigsby and David Stevens illuminate links between the organization of the brain and the unfolding of personality, and show how different aspects of personality are mediated by the brain's nonconscious learning and memory systems. Providing new insights for clinicians, students, and researchers, this book builds a critical bridge between existing psychological theories of personality and emerging knowledge in clinical neuroscience.

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