

Daniel J. Siegel

Quotes

Mind, Brain, Memories, Communication, Emotional, People, Children, Self, Meaningful, Accomplishment, People Changing, Mets, Couple, Creating, Focus, Unique, Discipline, Disappointment, Past, Supportive

Too often we forget that discipline really means to teach, not to punish. A disciple is a student, not a recipient of behavioural consequences.

~Daniel J. Siegel

We are always in a perpetual state of being created and creating ourselves. (p. 221)

~Daniel J. Siegel

For "full" emotional communication, one person needs to allow his state of mind to be influenced by that of the other.

~Daniel J. Siegel

When we begin to know ourselves in an open and self-supportive way, we take the first step to encourage our children to know themselves

~Daniel J. Siegel

Mindfulness has never met a cognition it didn't like.

~Daniel J. Siegel

The amygdala, along with related areas..., plays a crucial role in coordinating perceptions with memory and behavior. These regions are especially sensitive to social interactions.

~Daniel J. Siegel

While the days of parenting may seem so long, the years are so short.

~Daniel J. Siegel

...not all encounters with the world affect the mind equally. Studies have demonstrated that if the brain appraises an event as "meaningful," it will be more likely to be recalled in the future.

~Daniel J. Siegel

Early experience shapes the structure and function of the brain. This reveals the fundamental way in which gene expression is determined

by experience.

~Daniel J. Siegel

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- Mets Quotes
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