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A graduate of Harvard Medical School, Dr. Siegel is the author of several books, including the New York Times bestsellers *Brainstorm*, *Mind*, and, with Tina Payne Bryson, *The Whole-Brain Child* and *No-Drama Discipline*. He is

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also the author of the bestsellers
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Daniel J. Siegel, M.D., is clinical

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Professor of psychiatry at the UCLA School of Medicine, the founding co-director of the UCLA Mindful Awareness Research Center, and executive director of the Mindsight Institute. A graduate of Harvard Medical School, Dr. Siegel is the author of several books, including the

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power of our minds to re-sculpt the
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Transformation, a process that
REGULATES energy and information
flow The mind is both EMBODIED and
RELATIONAL Regulation entails
MONITORING and MODIFYING
Harmony emerges from integration
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