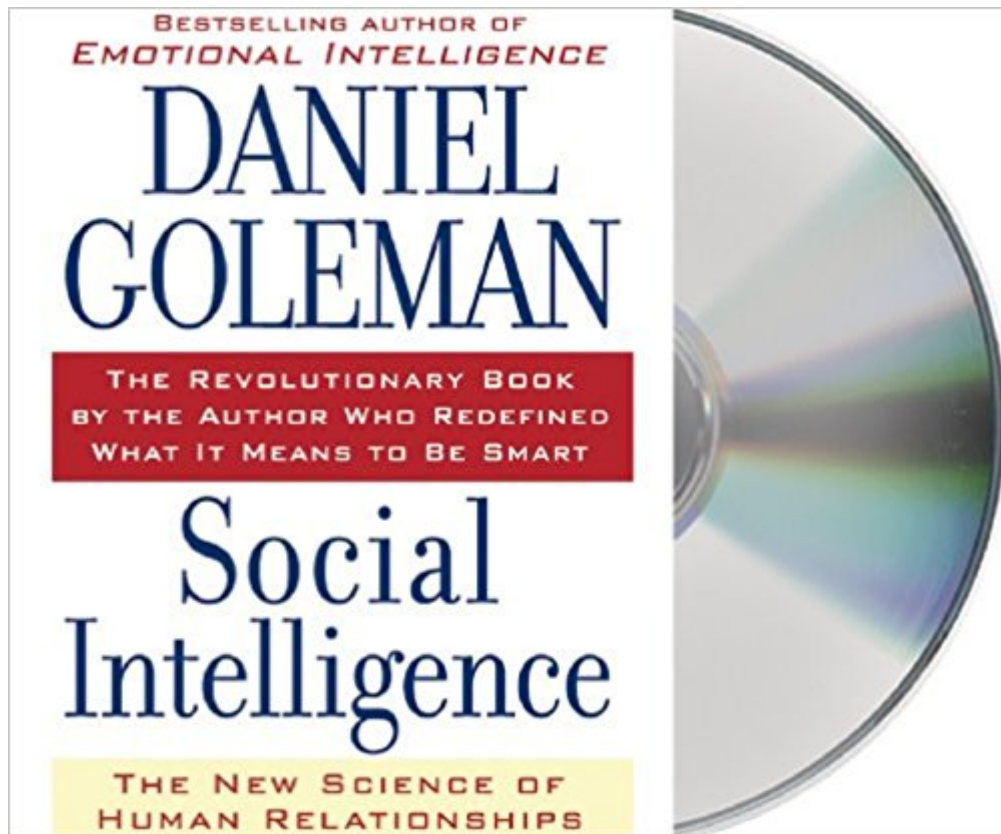


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Social Intelligence: The New Science Of Human Relationships



Synopsis

Emotional Intelligence was an international phenomenon, appearing on the New York Times bestseller list for over a year, and selling more than five million copies worldwide. Now, once again, Daniel Goleman presents groundbreaking work that synthesizes the latest findings in biology and brain science, revealing that we are "wired to connect," and showing the surprisingly deep impact of our relationships on every aspect of our lives. In richly anecdotal detail, Goleman brings to life the entirely new field of social neuroscience that has emerged in the decade since the publication of Emotional Intelligence. He shows that, far more than we are consciously aware, our daily encounters with parents, spouses, bosses, and even strangers shape our brains and affect cells throughout our bodies. Our relationships create a setpoint for our daily moods and influence our immune response; they are crucial to achievement in students and workers; they determine whether or not some genes are expressed, for good or ill. Above all, Goleman explores the foundations of rapport, love, cooperation, and altruism, with major implications for the wellbeing of our families, communities, and workplaces. Whether you listen to this as a lover or parent, medical professional or businessperson, teacher or community leader, you will never see your relationships in the same way again.

Book Information

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Customer Reviews

I heard an interview with Daniel Goleman on NPR and thought this book sounded fascinating. Goleman explained that research into neuroscience was exploding, and that researchers had recently discovered biological, chemical and structural aspects of the brain that correspond to

fluency in social interactions. When people strongly connect in social situations, the chemical activity in each person's brain actually synchs up with the other participants'. This causes a ripple effect throughout the body, causing greater and greater physiological connections. A person with high "social intelligence" has this effect to a much greater degree than others; an charimatic person can affect the physiology of a crowd of hundreds or even thousands. Goleman claims that such research will have a profound effect on the theory of social interactions and interpersonal relationships. Unfortunately, the ten-minute interview was much more interesting and informative than the book. After making that basic point in the first five pages in the introduction, Goleman wanders incoherently from topic to topic, with no attempt at all to structure a cohesive argument or to draw any overarching conclusions from the material he discusses. Instead, each chapter consists of a series of only loosely related anecdotes that supposedly correspond to one research study or another. Goleman makes no attempt to explain the connections between these subsections or to thread them together into a coherent whole. Indeed, the entire book consists almost entirely of a series of examples, but Goleman never explains what the examples are supposed to be illustrating. I found it impossible to read this book straight through.

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