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Mindfulness as a Path to Well-Being – Book Review

Siegel, D. (2007).

***The Mindful Brain: Reflection and Attunement in
the Cultivation of Well-Being.***

New York: W.W. Norton & Co.

ISBN-13: 978-0-393-70470-9, 412 pages. US\$ 26.95

In 2005, I (Deborah) was lucky enough to be among 7,000 psychotherapists in the hall when Dan Siegel took the stage for a plenary address to the Fifth Evolution of Psychotherapy conference, sponsored by the Ericksonians, in Anaheim, CA, USA. The full extent of his presence, his youth and charm, his audience attunement, and his thrilling presentation, was not anticipated. His professional profile was robust enough: Daniel J. Siegel, MD, Harvard Medical School, psychiatrist, neuropsychologist, National Institute of Health Research Fellow, Director of the Center for Human Development at UCLA, and clinician. Ten minutes into his talk, my friend looked at me, I looked at her. One of us mouthed, “This guy is good!”

A year and a half later Deborah and I (Robert) were lucky enough to be part of a 70-person group at Esalen Institute when Siegel similarly beguiled participants at the Evolution of Gestalt Study Conference II: Relational Child, Relational Brain. We are excited for readers of this journal who do not yet know Siegel’s work.

Siegel’s latest book, *The Mindful Brain*, holds special interest for those of us steeped in the awareness continuum and present-centered phenomenology of gestalt therapy practice. This will be particularly confirming and supportive for anyone already practicing Buddhist meditation or trained in MBSR (Jon Kabat-Zinn’s Mindfulness Based Stress Reduction), and stimulating for those with special curiosity about the neuropsychiatric underpin-