

"A timely gift for humanity."

DAVID J. STAGEL, MD

New York Times bestselling author of *Anger and Abandon*

# The Empathy Effect

7 NEUROSCIENCE-BASED KEYS  
for Transforming the Way  
We LIVE, LOVE, WORK, and  
CONNECT Across Differences

Helen Riess, MD

with Liz Neporent

Foreword by Alan Alda

Helen Riess MD and

## The Empathy Effect: Seven Neuroscience-Based Keys for Transforming the Way We Live, Love, Work, and Connect Across Differences



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Empathy is undergoing a fresh evolution. In a worldwide and interconnected lifestyle, we can no much longer afford to recognize only with people who seem to end up being part of our “the present day challenge of authentic connection in the information age •s emotions. When we are involved in shared brain awareness, the options for mutual aid and collaborative problem solving abound. As Dr. — How empathy works—“We are all connected on a neurobiological level far more than we have previously realized.tribe. Riess, “” Helen Riess offers learned, our convenience of empathy isn't just an innate trait— method— With The Empathy Effect, Dr.® Dr. Riess emerged as leading researcher on empathy by creating a breakthrough teaching curriculum now used internationally in health care, business, and education.but also everyone we connect to, whether for a moment or an eternity. • The E.M.Nourishing empathy lets us help not just ourselves,”A.T.H.Y. Riess presents a definitive source on empathy: the technology behind how it works, new research on what empathy develops from birth to adulthood, and equipment for building your capacity to generate authentic emotional reference to others in virtually any situation.it is also a skill that people can learn and expand.a robust seven-step system for understanding and increasing empathy, you start with Eye Contact and ending with Your Response •A Revolutionary Guideline for Understanding and Changing just how We Connect a thorough synthesis emerging from neuroscience, sociology, developmental psychology, and evolutionary theory • Parenting and teaching empathy in children— Equipment for recognizing and marketing empathic behavior in yourself and others •guidance for each and every stage of advancement • Texts, emojis, and digital empathy— Consciously or not, we are in constant, natural resonance with one another' Empathy through art and literature—exploring the energy of innovative expression to expand the emotional encounter • Leading with empathy—how political and business leaders can combine compassion with efficiency through group empathy abilities and shared brain intelligence • Digging deep for empathy—how to reverse scapegoating and recognize shared humanity with those we normally keep at a distance • Self-compassion—why your ability to communicate love toward yourself affects every other romantic relationship in your daily life “P. says Dr.” Drawing from this successful system and the latest science, she presents: ” The Empathy Effect is a life-changing publication that will revolutionize the way you understand yourself, relate with your loved ones, and connect to everyone in your life.Helen Riess, MD



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Very interesting science-based research of empathy, however, not primarily a self-help book After scanning this book, I have an improved knowledge of empathy, or what the writer prefers to call our empathic capacity. I valued studying the different the different parts of empathy and what factors influence how our empathic capability fluctuates over time.I actually was provided an unproofed ARC through NetGalley that I volunteered to review.Y. Dr.I appreciate that Dr.M.P.A. Because I've not seen the final published edition, I cannot comment on the ultimate editing and formatting.H. Nevertheless, I wish there have been a chapter or appendix specifically devoted to what I need to do to boost my empathy, or even a section at the end of every chapter summarizing recommended actions. tool, and there are some tips that can be gleaned through the entire text, but this is simply not mainly a self-help publication. As anyone who has suffered empathy-burnout in the past and as an all natural born advocate, I benefited greatly by reading this book. What more can I say? The best section was probably the chapter on self-empathy. Reiss does present her E. Reiss offered many references for every chapter, although in the ARC I reviewed, there were no notes or citations in the written text, so it was often difficult to acquire the relevant reference. For instance, when the writer stated that studies have shown "there is an inverse relationship between power and empathy," I'd have loved to start to see the specific citations so it would be less complicated for me to review those studies to learn more. That problem may have been corrected in the released version.I would recommend this book for those with an intention in psychology or neuroscience. There is lots of interesting information for those seeking to understand different facets of empathy.T. This reserve is certainly informational, educational, rooted in scientific research and sorely needed! Five stars! I would like to commend the writer particularly for her balanced conversation in the politics chapter (she comments on the lack of empathy shown by associates of both major parties). Five stars! In an ideal world, health care specialists and educators would examine this publication and pass the knowledge on to their colleagues and students.There were interesting chapters about empathy in education, empathy online, and empathy in politics, as well as some discussions of empathy in healthcare. It had been interesting, engaging and empowering.



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