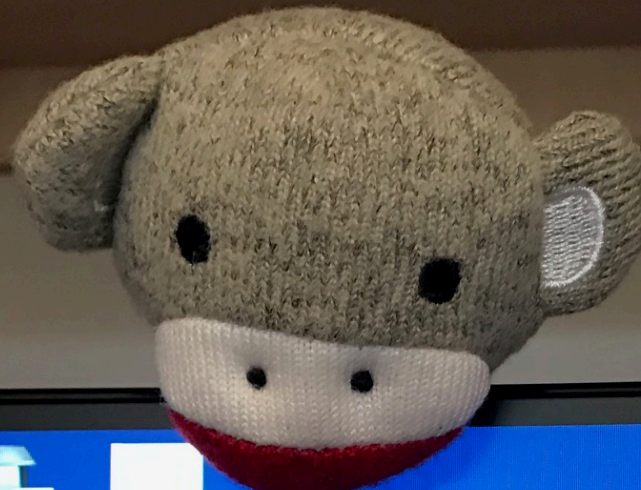


# Looking Inside Ourselves: A Culture of Kindness

Julia Sollenberger  
Director Emeritus  
Edward G. Miner Library  
University of Rochester





- Computer
- Canon Scan Utility
- SSFormWit...
- Recycle Bin
- EndNote
- 3-minute guided me...
- Google Chrome
- Cisco AnyConne...
- Looking Inside.pptx
- Internet Explorer
- Box Sync
- Look Inside Ourselves\_S...
- M
- S
- ...







Photo by Joe Mabel, August 3, 2014





Photo by Dragan; November 23, 2015



What lies behind us and what lies ahead of  
us are tiny matters to what lies within us.

-- Attributed to Ralph Waldo Emerson











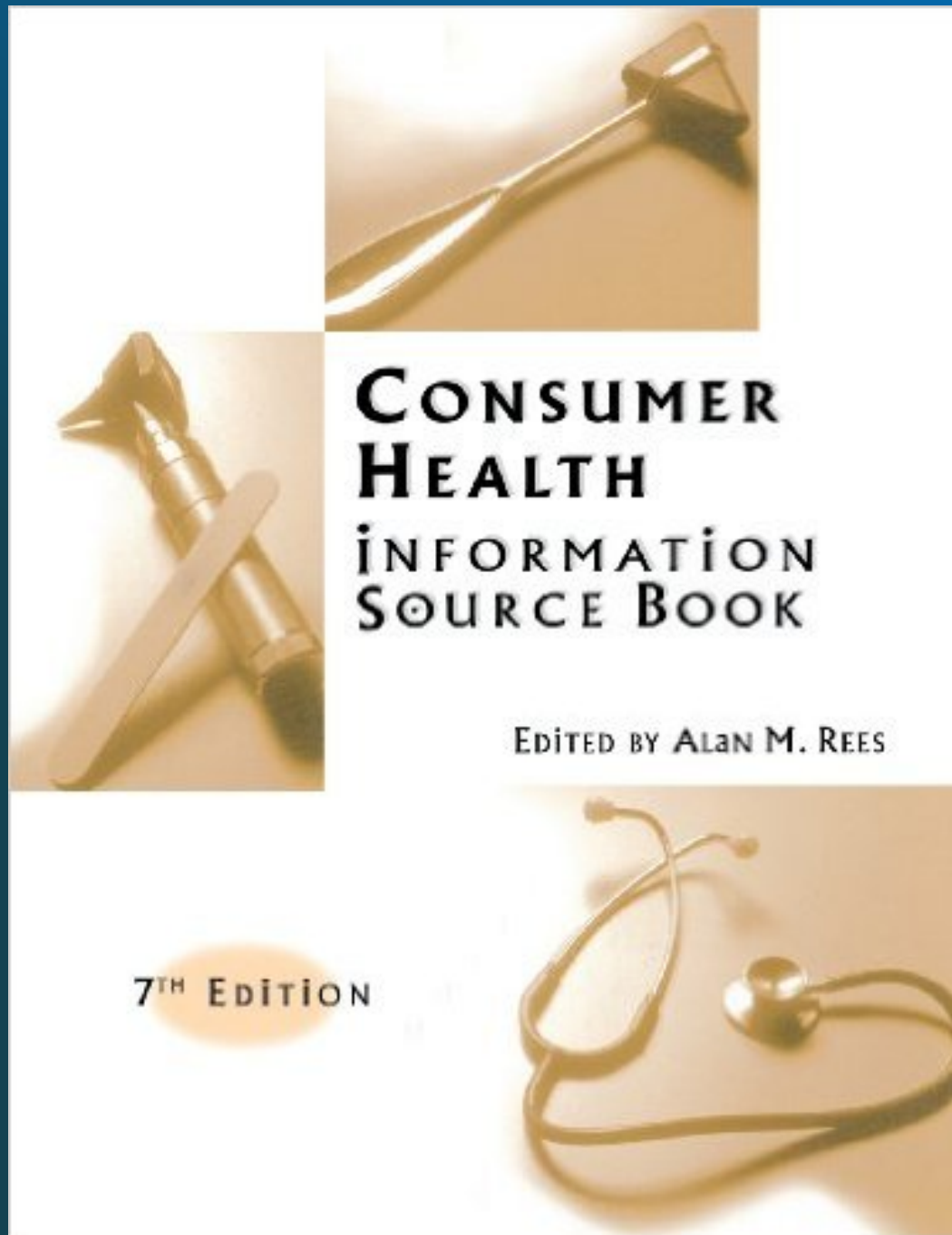




Why?







Alan Rees,  
"Communication in  
the Physician-Patient  
Relationship,"

Janet Doe Lecture,  
1992.

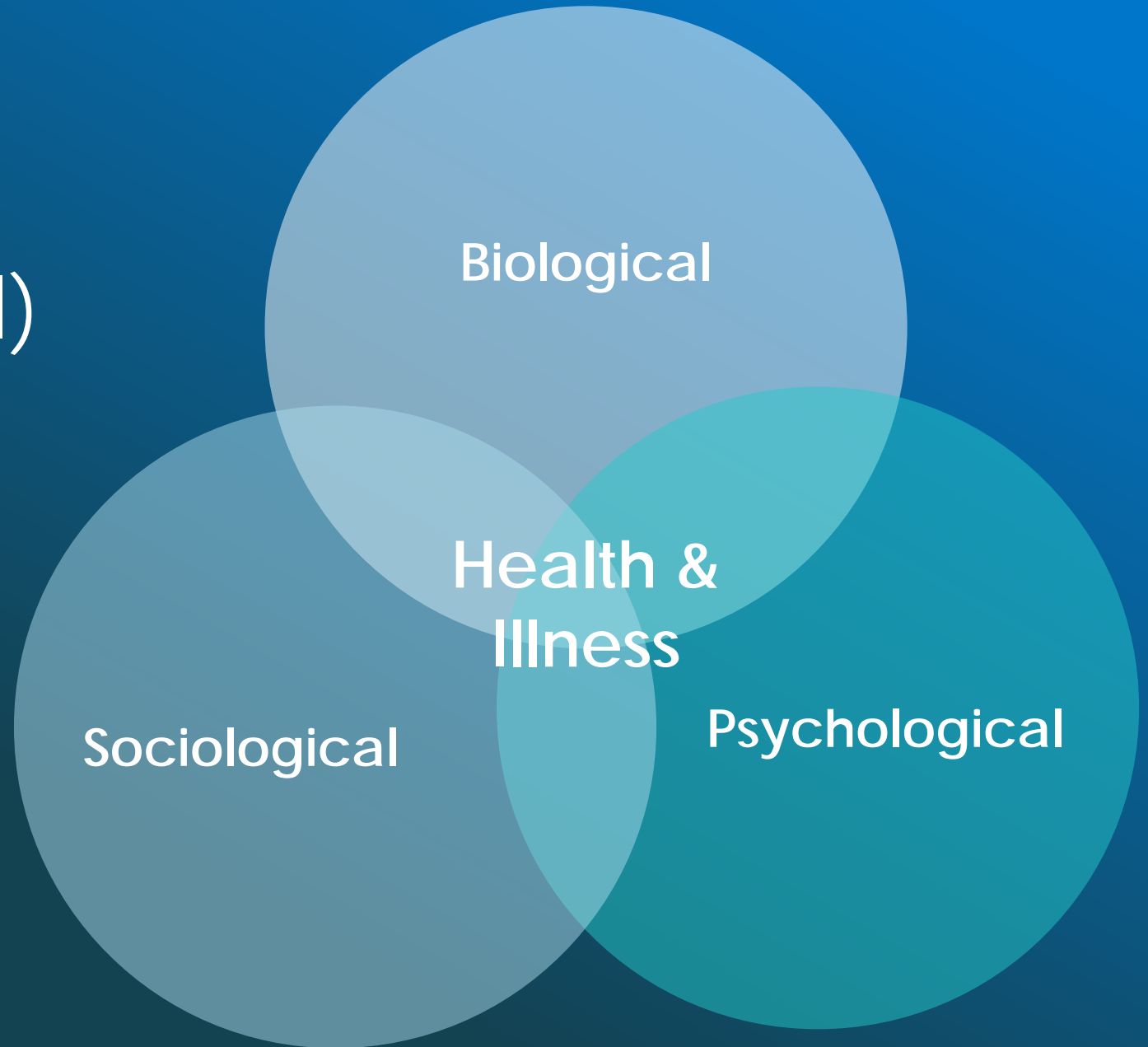


Illustration by Harold Anderson, 1894–1973





# Biopsychosocial (Bio-psycho-social) Model of Health and Disease





# Biopsychosocial Approach

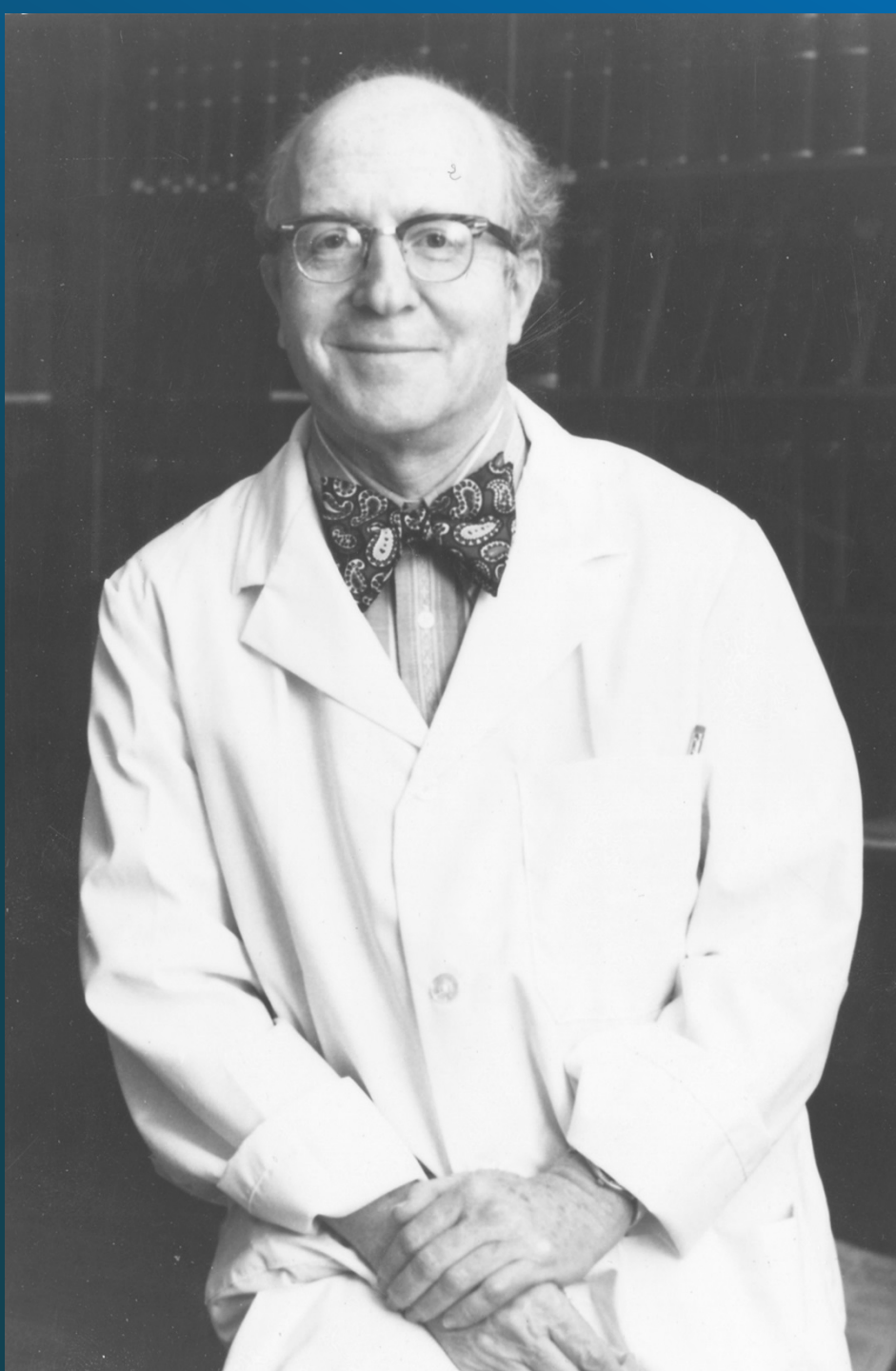


Person/Patient

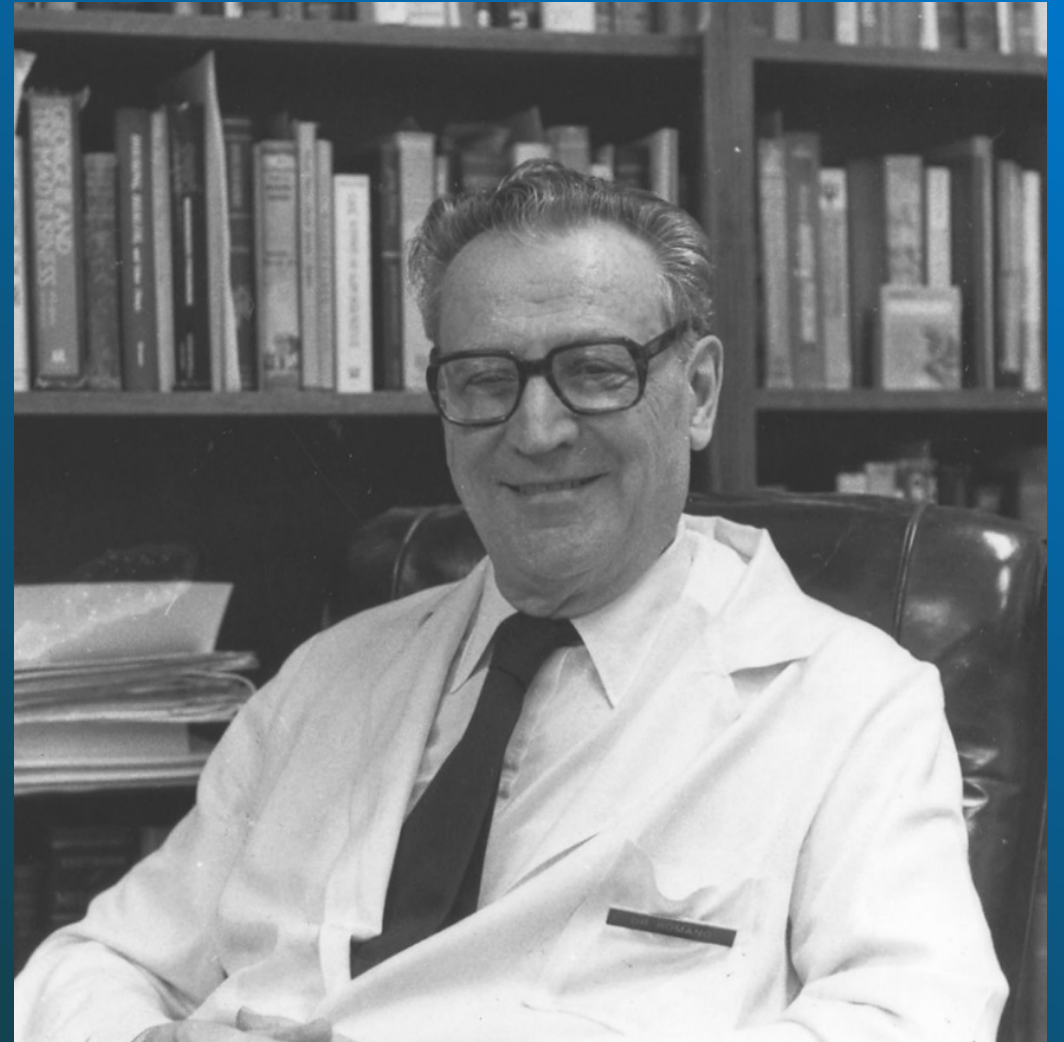
Biosphere  
Society/Nation  
Culture  
Community  
Family  
Relationships

Nervous System  
Organs  
Tissues  
Cells  
Molecules  
Atoms

George  
Engel,  
MD

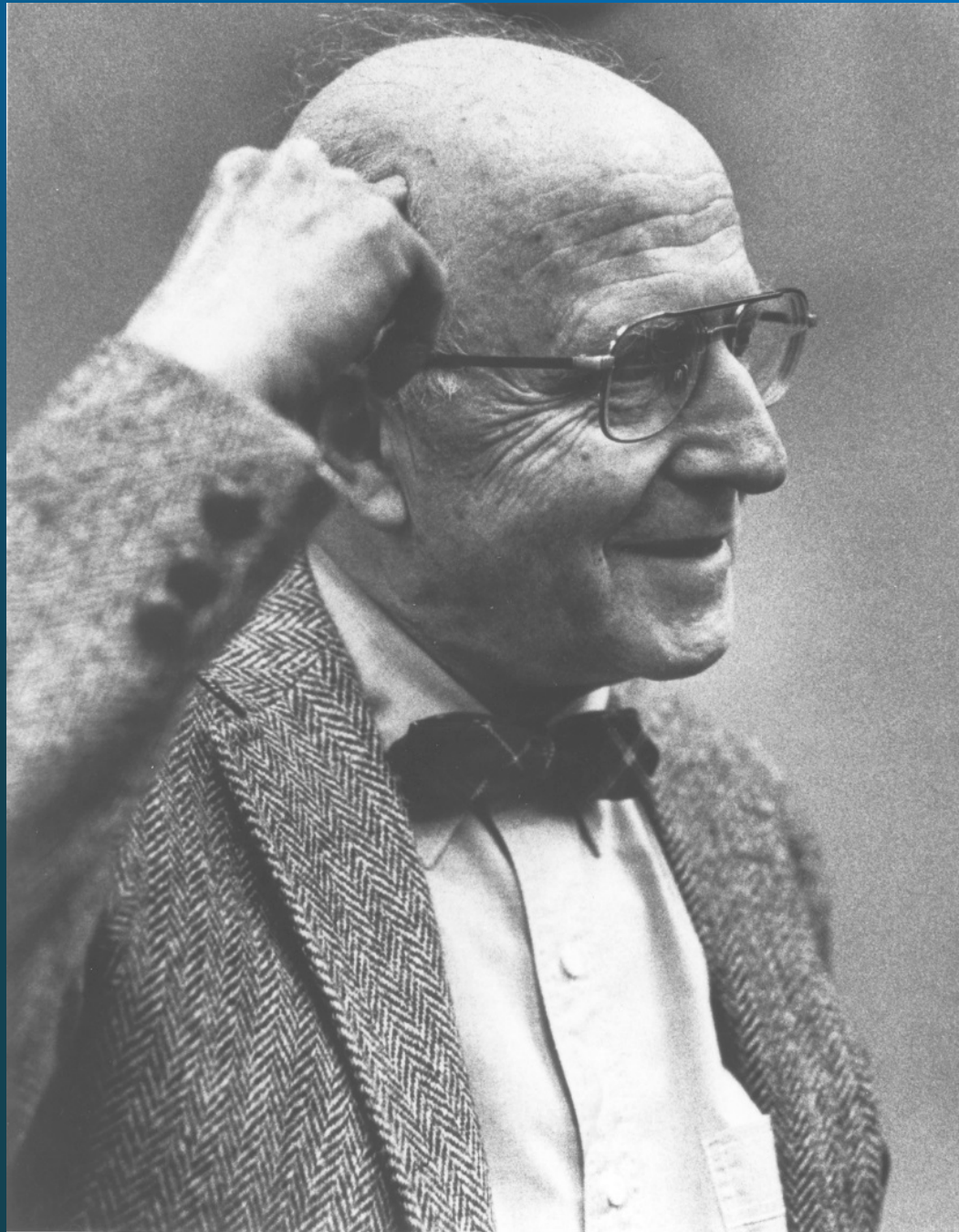


John Romano, MD





George  
Engel,  
MD







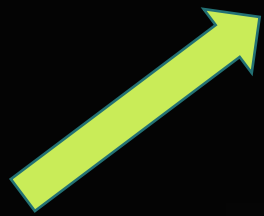


# Double Helix Curriculum, University of Rochester

Patient-  
Centered



Science-Based





# Ronald M. Epstein, MD – Mindful Practice



Stephen S. Reardon, photographer

# Attending

MEDICINE,  
MINDFULNESS,  
*and* HUMANITY



Ronald Epstein, M.D.



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Robert Leverich; Bero Architecture PLLC; 1996; pre-design

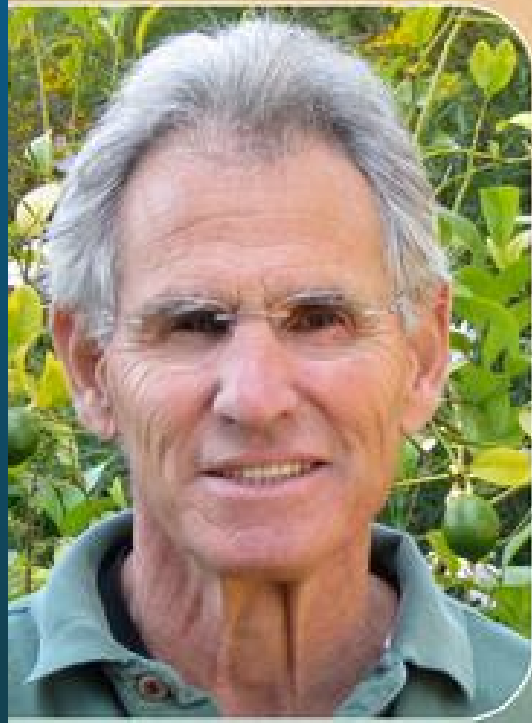












# Stress Reduction

JON KABAT-ZINN











# CCARE



ABOUT RESEARCH EDUCATION

EVENTS

VIDEOS

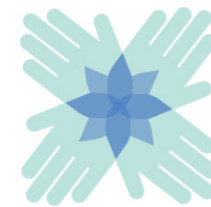


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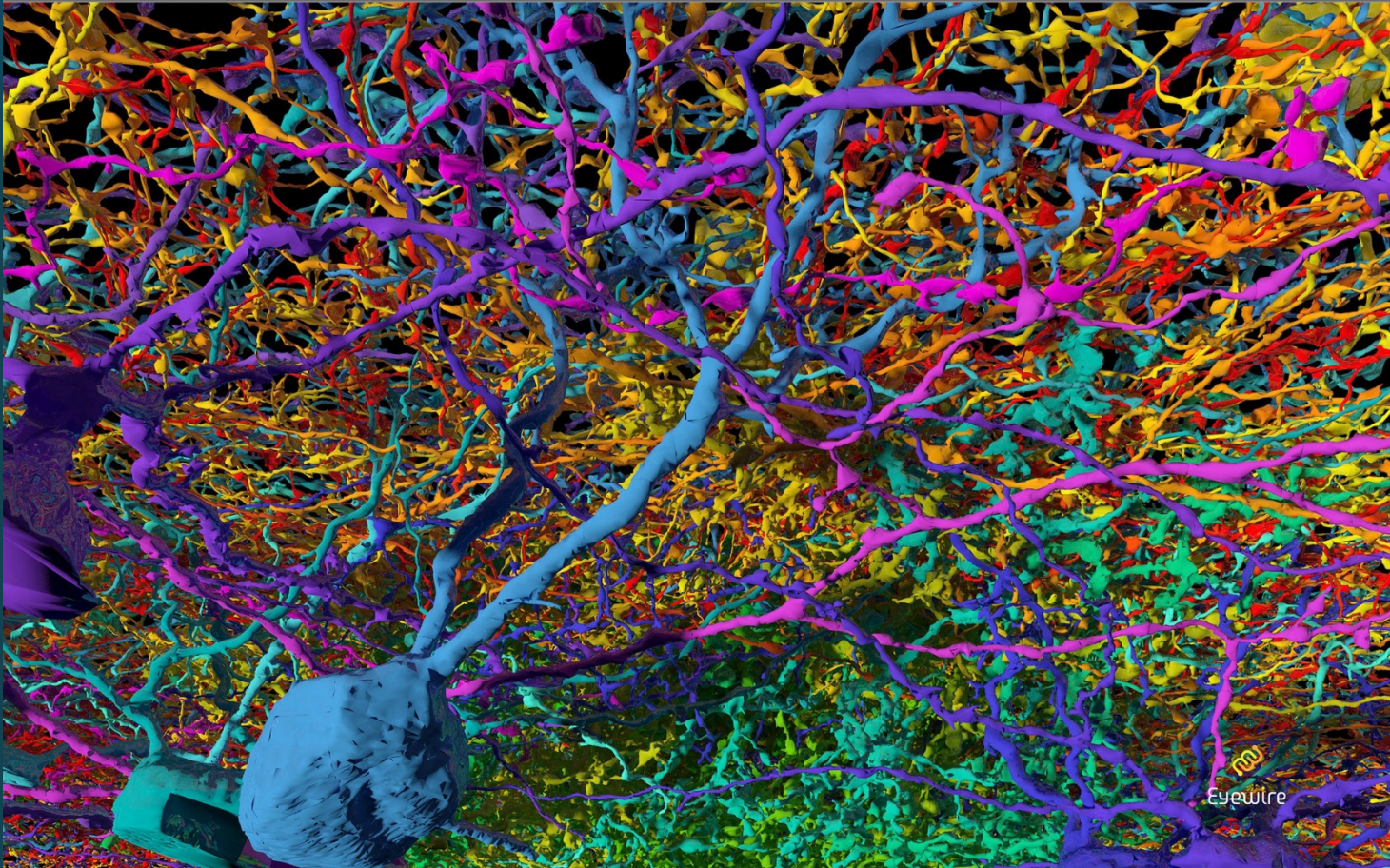


**Berkeley**  
UNIVERSITY OF CALIFORNIA

Magazine covers with headline articles  
about mindfulness



# Neuroscience of the Mindful Brain



- Contemplative Neuroscience
- Affective Neuroscience
- Interpersonal Neurobiology



How Its Unique Patterns Affect the Way You Think,  
Feel, and Live—and How You Can Change Them

# THE EMOTIONAL LIFE OF YOUR BRAIN



RICHARD J. DAVIDSON, Ph.D.  
and SHARON BEGLEY,  
bestselling author of *Train Your Mind, Change Your Brain*

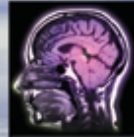




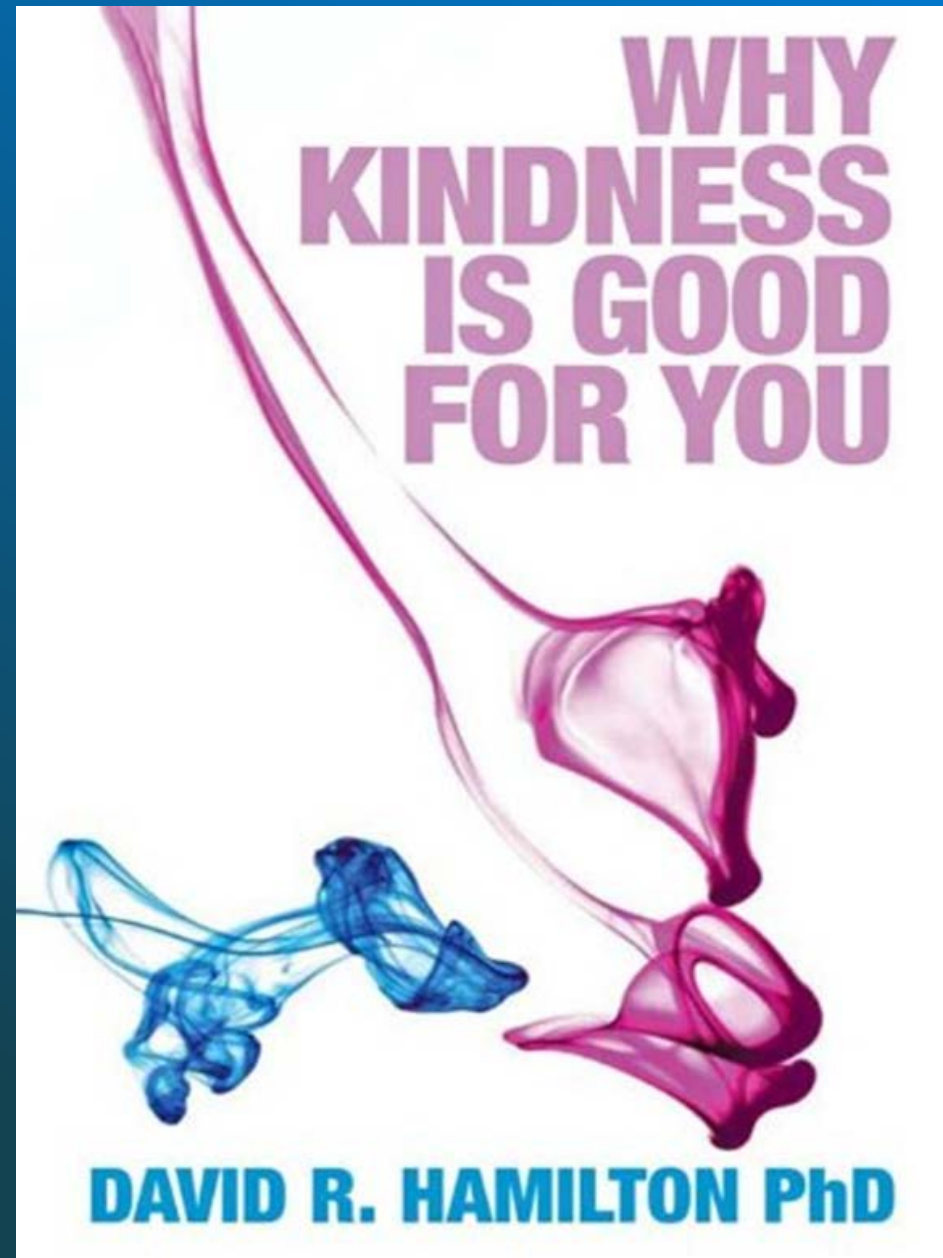
# THE MINDFUL BRAIN



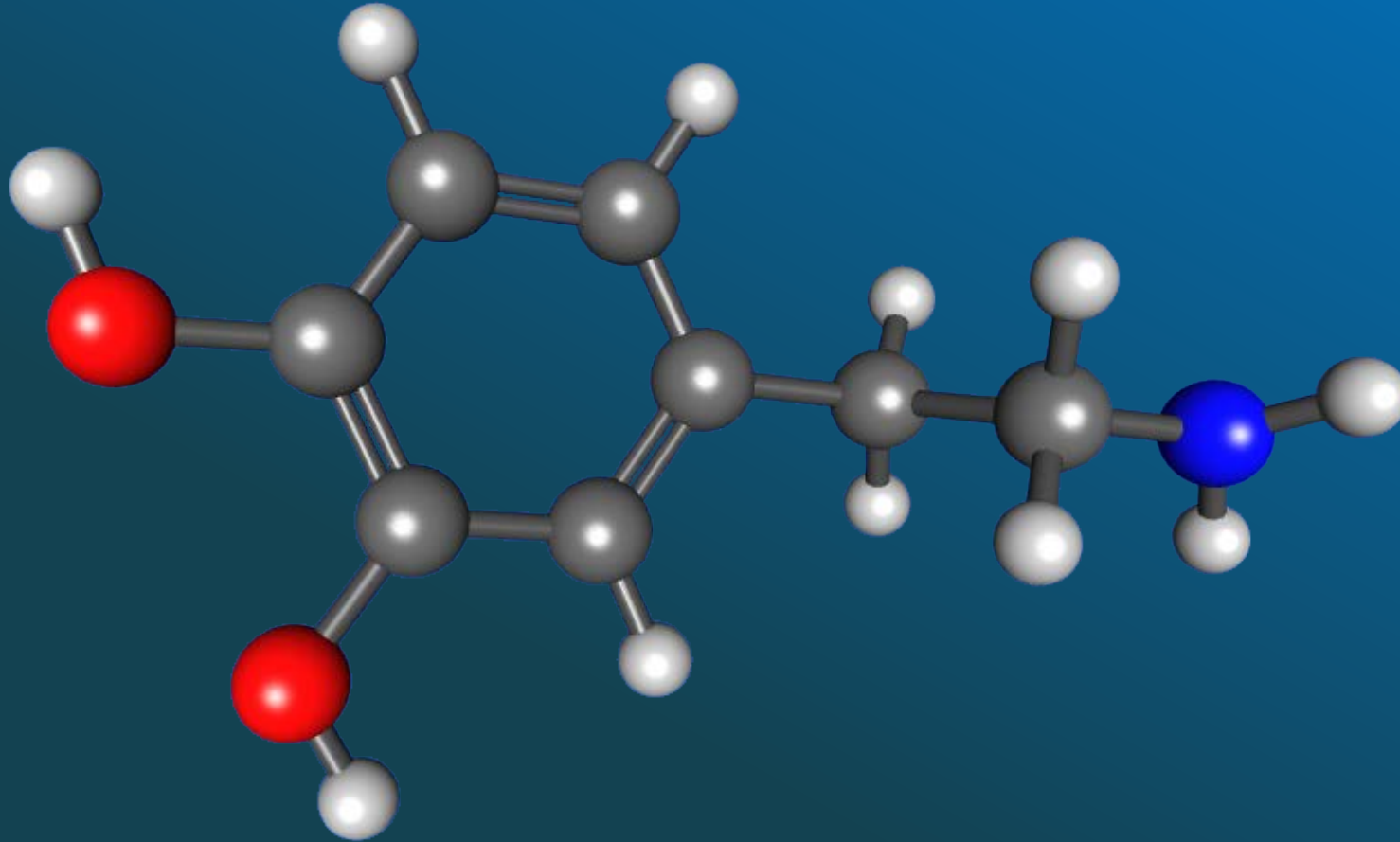
REFLECTION AND ATTUNEMENT  
IN THE CULTIVATION OF  
WELL-BEING



DANIEL J. SIEGEL



# Dopamine

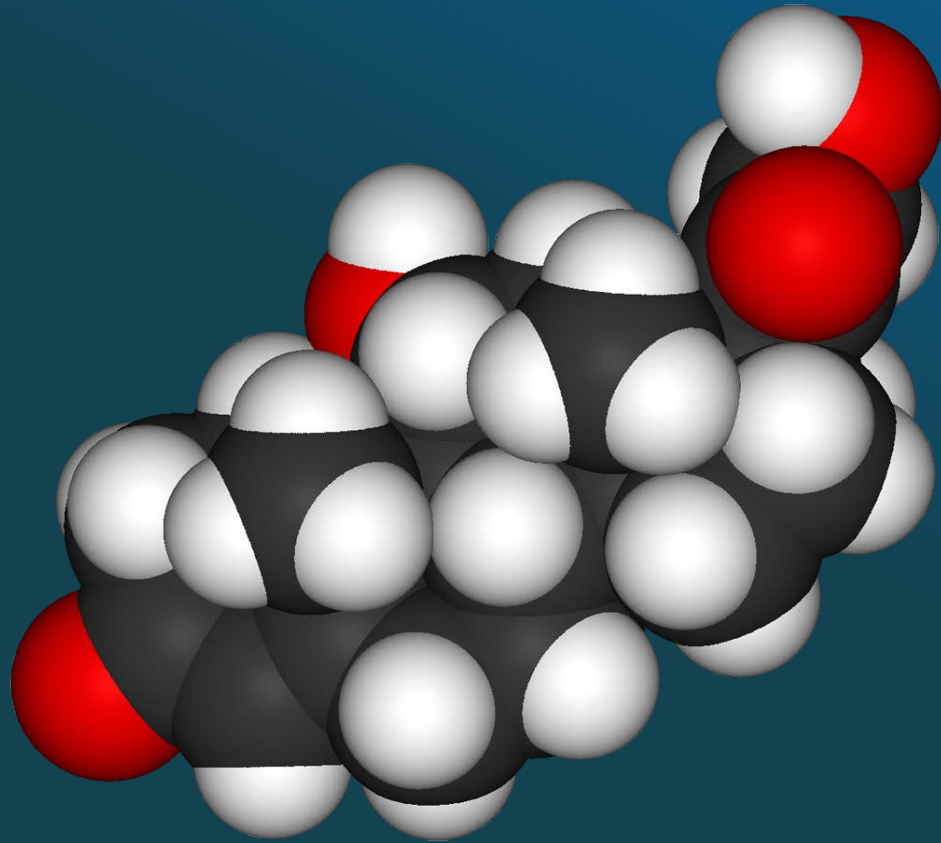




Cortisol



Blood Pressure



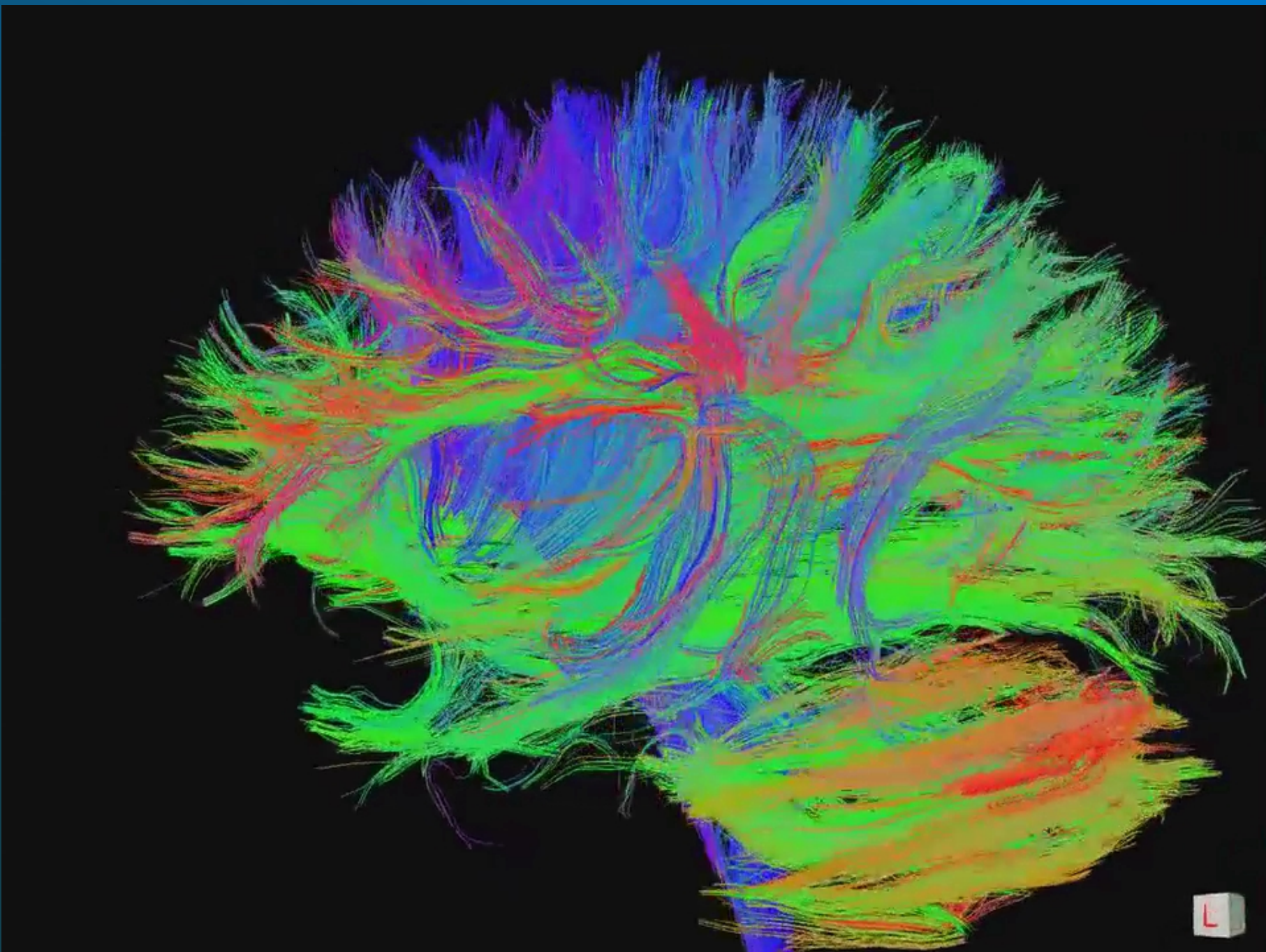




# Oxytocin



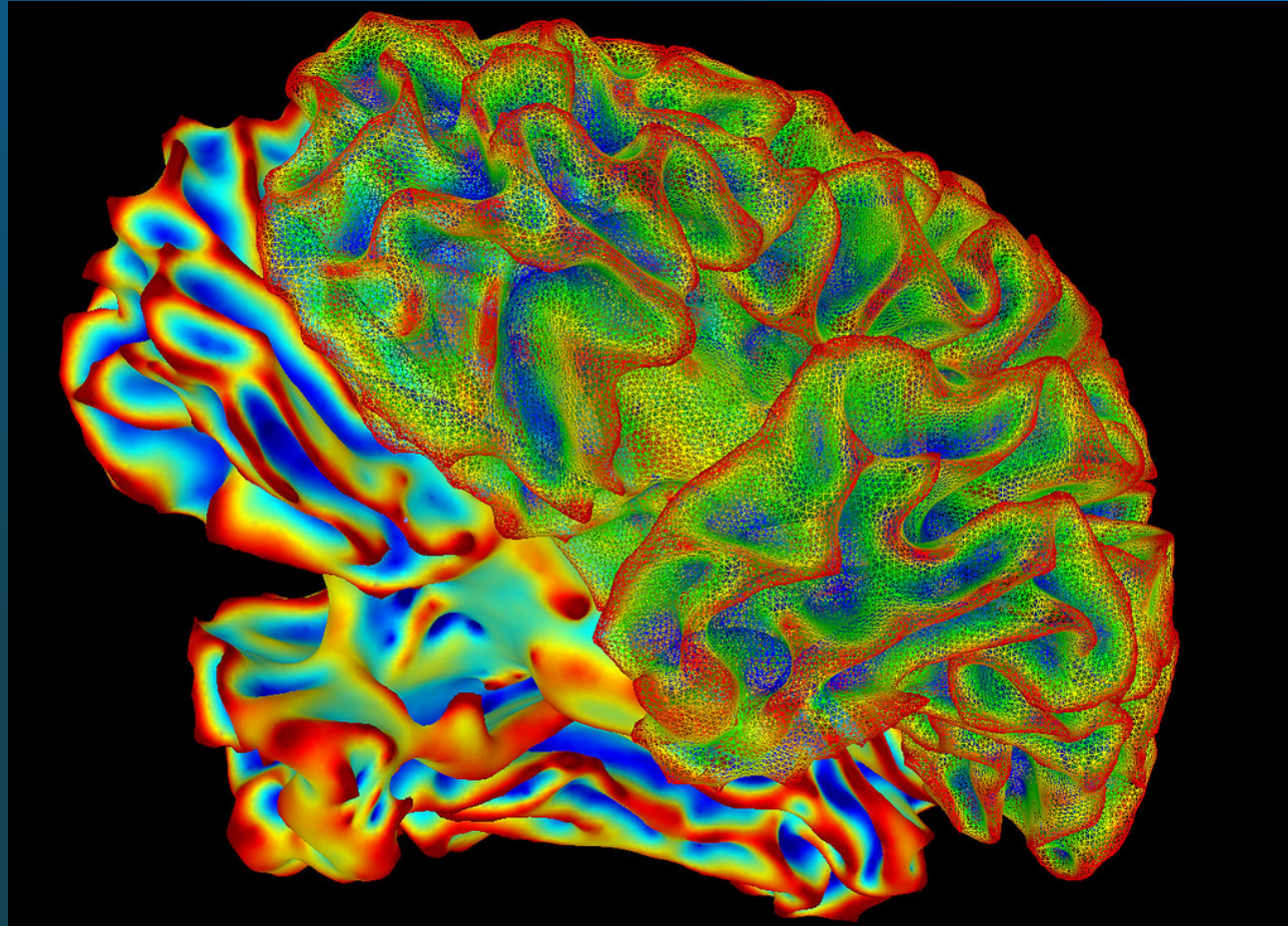




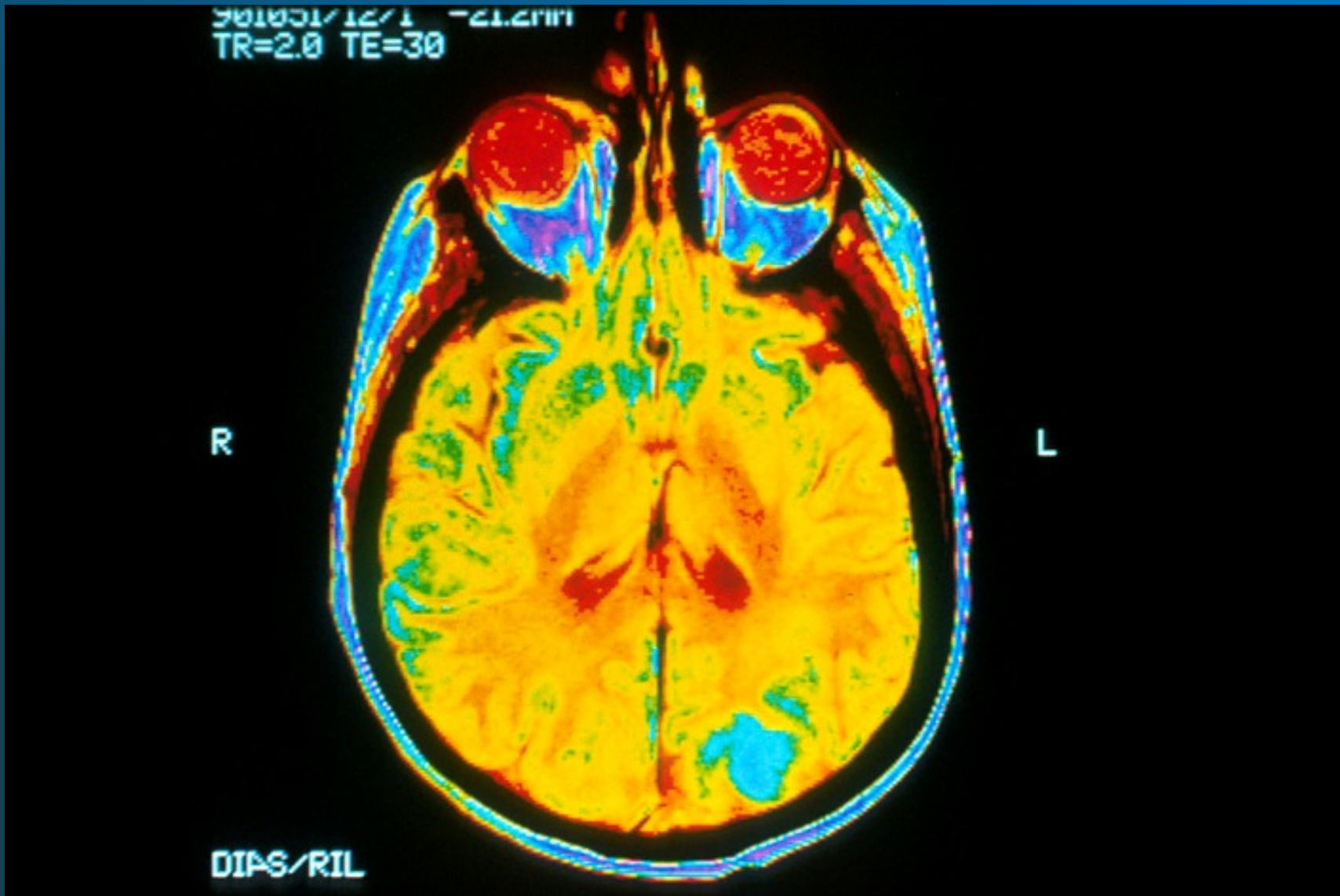








Credit: National Institute of Mental Health, National Institutes of Health















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FOREWORDS BY JON KABAT-ZINN AND DANIEL GOLEMAN

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LOOK  
INSIDE

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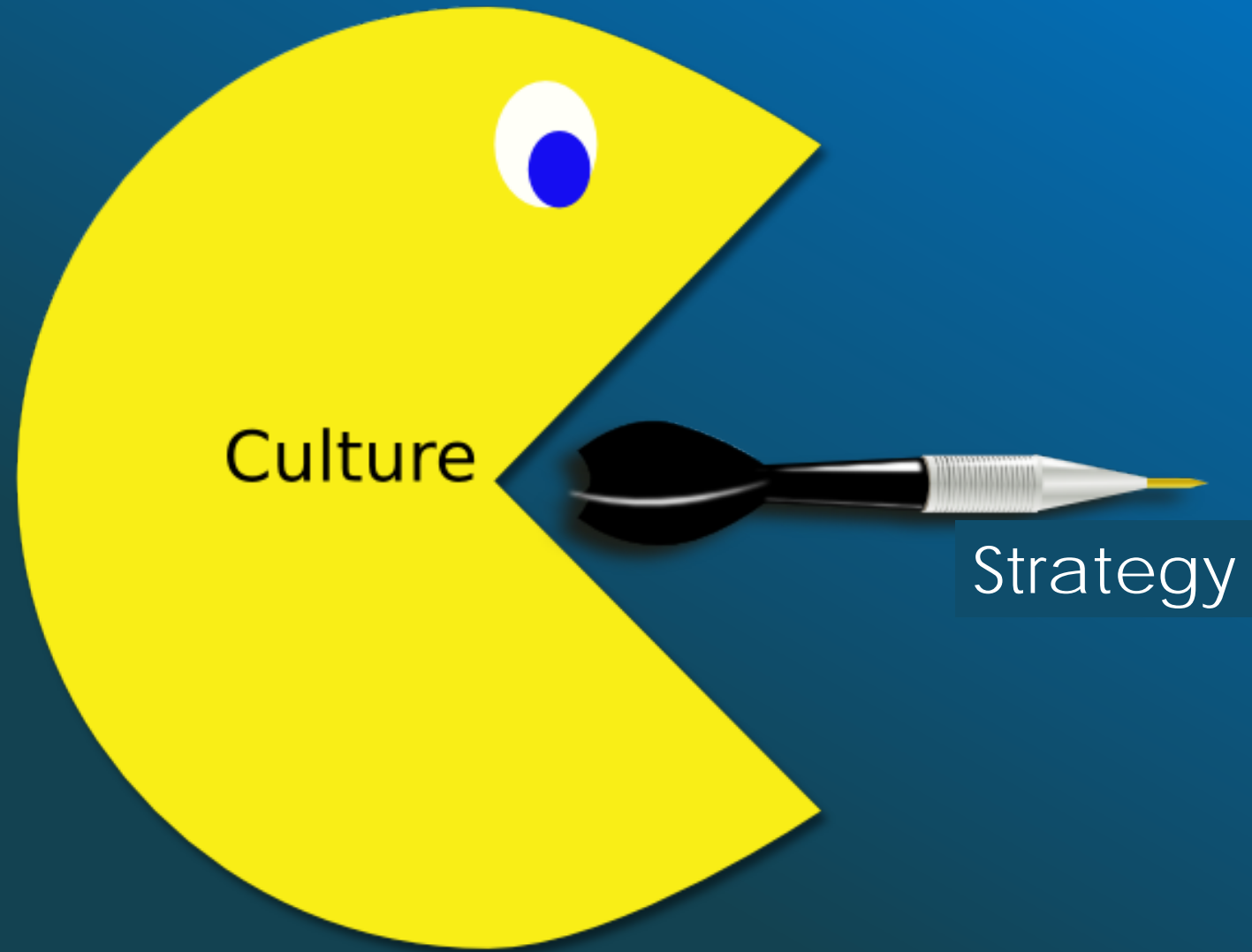


# Cognitive culture











Nobody cares  
how much you  
know until they  
know how  
much you care.

-- Theodore Roosevelt





Kindness Is Free.

--Tom Peters







What we  
think, we  
become.

-- Buddha





Photo by Andreas Åkre Solberg, 3/20/2007



















You can't always be right,  
but you can always be  
kind.

-- Robert J. Joynt, MD, PhD











