



Unser empathisches Gehirn: Warum wir verstehen, was andere fühlen (German Edition)

Christian Keyzers

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Das populäre Sachbuch zum Thema »Ich fühle, was du fühlst«

Jeden Tag hängt unser Wohlergehen und Erfolg davon ab, dass wir die Emotionen und Befindlichkeiten anderer verstehen, nachfühlen, erraten. Auch ohne vorher darüber nachzudenken. Wir spüren das Traurige hinter einem künstlichen Lächeln oder das Fragwürdige hinter scheinbar großzügigen Handlungen. Wie machen wir das? Wie gelingt es uns, zu erfühlen, was häufig verheimlicht werden soll?

In der modernen Hirnforschung wurden Fragestellungen wie diese weitgehend ausgeklammert, bis Anfang der 1990er-Jahre italienische Forscher die sogenannten Spiegelneuronen entdeckten, die nach der Kurzformel »Ich fühle, was du fühlst« funktionieren und nicht nur unsere Vorstellung vom Gehirn, sondern auch von unseren sozialen Interaktionen grundlegend verändern sollten. Der Hirnforscher Christian Keysers erforscht seit vielen Jahren diese faszinierenden hochkomplexen Nervenzellen. Nun liefert er eine umfassende, allgemein verständliche Darstellung über ihre Funktionsweise und ihren immensen Einfluss auf das Fühlen und Denken des Menschen.

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