



Key Insights into Basic Mechanisms of Mental Activity

Otto Buxbaum

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A more nuanced perspective on cognition, behavior, personality, and pathology.

Mind/brain.

It is explained that mental activity is not possible without concepts/memory structures that exist in the brain and result from perceptual learning. Core mental activities including thinking, reasoning, and judgment are described as components of self-regulation and in terms of interacting neural systems.

This framework also leads to a more specific and less stigmatizing system for classifying and diagnosing mental illnesses.

This concise volume:

- Recasts mental processes as neuro-mental processes.
- Provides empirical evidence for the neural basis for judgments.
- Addresses ongoing mind/brain questions such as whether thinking is unconscious.

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