

daniel j siegel md

[#Daniel Siegel MD](#) [#Interpersonal Neurobiology](#) [#Mindsight](#) [#Mindfulness expert](#) [#Neuroscience and parenting](#)

Dr. Daniel J. Siegel is a clinical professor of psychiatry, neuroscientist, and bestselling author renowned for his work on Interpersonal Neurobiology and the concept of Mindsight. He is a leading mindfulness expert who explores the integration of brain science with relationships, offering profound insights into neuroscience and parenting through popular books like *The Whole-Brain Child*. His work helps individuals understand their internal world and connections with others.

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Dan Siegel is the executive director of the Mindsight Institute and founding co-director of the Mindful Awareness Research Center at UCLA, where he was also ...

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