

CONTENTS

INTRODUCTION		1
<i>Part 1: Basic neural and hormonal processes and their influences on behaviour</i>		
CHAPTER 1	THE NERVOUS SYSTEM AND NEURONAL ACTIVITY	5
	Introduction and overview; glial cells and neurons; the structure of neurons; the function of neurons; neurotransmitters and neuromodulators; conclusions; summary	
CHAPTER 2	THE CENTRAL NERVOUS SYSTEM	15
	Introduction and overview; the spinal cord; the brain; conclusions; summary	
CHAPTER 3	THE PERIPHERAL NERVOUS SYSTEM AND THE ENDOCRINE SYSTEM	24
	Introduction and overview; the peripheral nervous system; the endocrine system; conclusions; summary	
<i>Part 2: Cortical functions</i>		
CHAPTER 4	SOME METHODS AND TECHNIQUES USED TO INVESTIGATE CORTICAL FUNCTIONS	33
	Introduction and overview; clinical and anatomical methods; invasive methods; non-invasive methods; conclusions; summary	
CHAPTER 5	THE CEREBRAL CORTEX	44
	Introduction and overview; the theory of localisation; the primary motor area; the primary sensory areas; association areas in the cortex; association areas not involved in motor or sensory functions; holism as an alternative to localisation; conclusions; summary	
CHAPTER 6	LANGUAGE AND THE BRAIN	54
	Introduction and overview; cortical areas, language, and language disorders; the relationship between cortical areas and language; language: localisation, lateralisation and holism; conclusions; summary	
CHAPTER 7	ASYMMETRIES IN THE CEREBRAL HEMISPHERES AND THE 'SPLIT-BRAIN'	61
	Introduction and overview; cerebral asymmetries and the 'split-brain'; cerebral asymmetries and the intact brain; an answer to Fechner's question?; conclusions; summary	

CHAPTER 8	THE NEUROPHYSIOLOGICAL BASIS OF VISUAL PERCEPTION	70
	Introduction and overview; light; the eye; from the eye to the brain; colour vision; theories of colour vision; colour constancy; conclusions; summary.	

Part 3: Awareness

CHAPTER 9	BODILY RHYTHMS	82
	Introduction and overview; circadian rhythms; infradian rhythms; ultradian rhythms; diurnal rhythms; circannual rhythms; conclusions; summary	
CHAPTER 10	THE FUNCTIONS OF SLEEP	93
	Introduction and overview; studies of total sleep deprivation; evolutionary theories of sleep function; restoration theories of sleep function; studies of REM sleep deprivation; restoration theories of REM sleep function; memory consolidation theory of REM sleep function; the sentinel theory of REM sleep function; the oculomotor system maintenance theory; the physiology of sleep; conclusions; summary	
CHAPTER 11	THE FUNCTIONS OF DREAMING	103
	Introduction and overview; dreams: some basic research findings; Sigmund Freud's theory of dream function; a 'problem-solving' theory of dreaming; 'reprogramming' theories of dreaming; Hobson and McCarley's 'activation synthesis' theory of dreams; Crick and Mitchison's 'reverse learning' theory of dreams; conclusions; summary	
CHAPTER 12	HYPNOSIS AND HYPNOTIC PHENOMENA	111
	Introduction and overview; a brief history of hypnosis; inducing a hypnotic state; characteristics of the hypnotic state; individual differences in hypnotic susceptibility; the genuineness of hypnosis; a 'state' or 'special processes' theory of hypnosis; a 'non-state' theory of hypnosis; some practical applications of hypnotic phenomena; hypnosis and behaviour control; conclusions; summary	
CHAPTER 13	SOME DRUGS AND THEIR EFFECTS ON BEHAVIOUR	120
	Introduction and overview; tolerance, dependence, addiction and withdrawal; types of psychoactive drug; the depressants; the stimulants; the opiates; the hallucinogens; cannabis; conclusions; summary	

Part 4: Motivation, emotion and stress

CHAPTER 14	MOTIVATION AND THE BRAIN	131
	Introduction and overview; hunger; external stimuli for hunger; the hypothalamus and eating; drinking; the hypothalamus and drinking; primary and secondary drinking; conclusions; summary	

CHAPTER 15	THEORIES OF MOTIVATION	140
	Introduction and overview; types of motive; instinct theories of motivation; drive theories of motivation; optimum level of arousal theory of motivation; incentive theory of motivation; opponent-process theory of motivation; Maslow's theory of motivation; Freud's theory of motivation; conclusions; summary	
CHAPTER 16	EMOTION AND THE BRAIN	150
	Introduction and overview; the hypothalamus and emotion; the limbic system and emotion; the cerebral hemispheres and emotion; sex differences, emotion, and the hemispheres; conclusions; summary	
CHAPTER 17	THEORIES OF EMOTION	158
	Introduction and overview; the James-Lange theory of emotion; the Cannon-Bard thalamic theory of emotion; Schachter and Singer's theory of emotion; Lazarus' theory of emotion; conclusions; summary	
CHAPTER 18	STRESS	169
	Introduction and overview; what is stress?; the effects of stress on the body; stress and illness; reducing stress; conclusions; summary	
REFERENCES		181
INDEX		190
PICTURE CREDITS		199