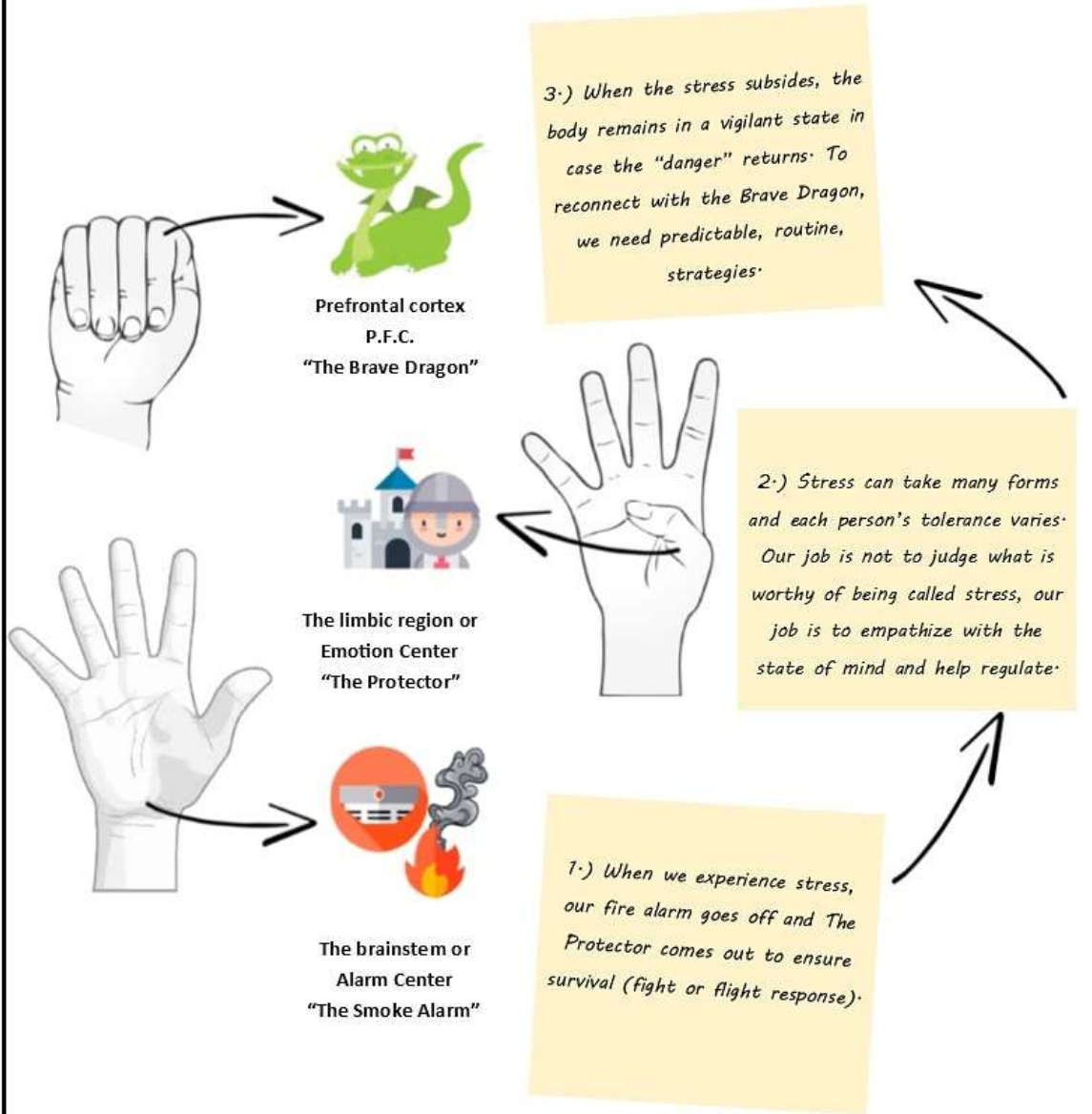


# The Hand Model of the Brain

When we “Flip our Lid”, our survival instinct takes over



Adapted from Dr. Daniel J. Siegel's Hand Model of the Brain found in *Mindsight: The New Science of Personal Transformation* (Bantam Books, 2010)