

## Introduction

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## Chapter 1: What we need to know about our Limbo

1. There is some debate among brain scientists regarding what structures are considered part of the Limbic system. I will assume the Limbic system includes the parahippocampal gyrus, cingulate gyrus, amygdala, hippocampus, septal nuclei, hypothalamus, olfactory system, sensory association cortices and portions of the thalamus. See D L Clark, N N Boutros and M F Mendez (2010), *The Brain and Behavior: An Introduction to Behavioral Neuroanatomy*, 3rd edition, Cambridge Press.
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## Chapter 5: Together feels better

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## Chapter 6: Feelings follow our focus

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