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neurobiologist Douglas Fields traces “snapping” (outbreaks of rage) to a small cluster of neurons in the “hypothalamic attack region” of the brain. Throughout human history, this region has played an important role in responding to threats—and at times, it still leads to heroic actions in the face of danger.

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we can't fully control
once it is engaged as
R. Douglas Fields, PhD,
reveals in this essential
book ...

Why We Snap by Fields, Douglas (ebook)

The answer, according
to a neurobiologist, is
that snapping can
happen to anyone. In a
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Brain, Douglas Fields reveals the triggers that...

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What is SNAP? | Feeding America

Neurologist R. Douglas Fields is the author of Why We Snap: Understanding the Rage Circuit in Your Brain; he joins us to

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identify the nine triggers of rage, the LIFEMORTS mnemonic we can use to remember them, and how we can quickly prevent them from goading us into making lamentable decisions. Listen, learn, and enjoy!

R. Douglas Fields |
Why We Snap
(Episode 606)

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Rage Circuit in Your
Brain User Review -
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Neuroscientist Fields
provides insight into
the seemingly
inexplicable: sudden
switches into violent
behavior, an all-too-
familiar narrative that
often ends in collective
tragedy.

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We need to understand how the hardwiring works and how to recognize the nine triggers. With a totally new perspective, engaging narrative, and practical advice, *Why We Snap* uncovers the biological roots of the rage response and how we can protect ourselves—and others.

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peaceful lives we live
most of the time, the
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**The Science of Why
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His new book, *Why We Snap: Understanding The Rage Circuit In Your Brain*, details his research regarding suddenly violent behavior and the extraordinary strength, influence and relevance of our evolutionary hardwiring. Doug says there are nine precise triggers that can make

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Understanding

anyone snap like a twig
— even li'l ol' you.

The Rage Circuit
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Why We Snap - Everybody's

Our personal space is more crowded than ever, we get less sleep, and we just aren't as fit as our ancestors. We need to understand how the hardwiring works and how to recognize the nine triggers....

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