



4K

Kylie Minogue

CAN'T GET YOU OUT OF MY HEAD



Cant Get You Out Head

**Cristina Ottaviani, Julian F. Thayer, Bart
Verkuil, Hugo D. Critchley, Jos F.
Brosschot**

Cant Get You Out Head:

Can't Get You Out of My Head: Brain-Body Interactions in Perseverative Cognition Cristina Ottaviani, Julian F. Thayer, Bart Verkuil, Hugo D. Critchley, Jos F. Brosschot, 2018-02-16 Perseverative cognition is defined as the repetitive or sustained activation of cognitive representations of past stressful events or feared events in the future and even at non clinical levels it causes a fight or flight action tendency followed by a cascade of biological events starting in the brain and ending as peripheral stress responses In the past decade such persistent physiological activation has proven to impact individuals health potentially leading to somatic disease As such perseverative cognition has recently been proposed as the missing piece in the relationships between stress psychopathology and risk for health Perseverative cognition is indeed a hallmark of conditions such as anxiety and mood disorders that are at increased though still unexplained cardiovascular risk Although the pivotal role of ruminative and worrisome thoughts in determining the onset and maintenance of psychopathological disorders has been acknowledged for a long time its effects on the body via reciprocal influences between mental processes and the body s physiology have been neglected Moreover perseverative cognition is definitely not restricted to psychopathology it is extremely common and likely even omnipresent pervading daily life The objective of the Research Topic is to provide an interdisciplinary examination of cutting edge neuroscientific research on brain body signatures of perseverative cognition in both healthy and psychopathological individuals Despite the evident role of the brain in repetitive thinking and the assumption that our mind is embodied brain body pathways from perseverative cognition to health risk have remained largely unexplored

Chapter 21 Can't Get You Out Of My Head... Remi, 101-01-01 At home Miri is the picture of laziness At the clothing shop where she works she s a dazzling and stylish saleswoman While living this double life Miri seeks solace at a cafe near work where the barista Shirasaka always welcomes her with a kind smile Seeing those gentle and beautiful eyes behind his glasses whenever she visits she can t help but daydream about the joyous life she d have if only Shirasaka were her boyfriend Fantasy flows into reality when Miri gets a lucky chance to go on a date with this soothing barista Which is all well and good except in spite of her dazzling exterior deep down Miri isn t very feminine she ll own up to that and without thinking she

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