

Neuroscience of Kindness



Reward Systems



Mirror Neurons



Kindness Training



Parasympathetic System



Connectivity

The 23 Design Synectic Triggers



Subtract



Change Scale



Prevaricate



Repeat



Substitute



Analogize



Combine



Fragment



Hybridize



Add



Isolate



Metamorphose



Transfer



Distort



Symbolize



Empathize



Disguise



Mythologize



Animate



Contradict



Fantasize



Superimpose



Parody