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“This book represents a true novelty in the field of life sciences and epistemology. The authors have reached an authoritative expertise in the complex biological fields of neuroscience (SC) and immunology (SC, AV) and, with particular reference to Dr Giovanni Vella, who began the approach in the early 1990, in this editorial effort they attempted to elucidate the role and the underneath neural-psychic mechanisms of the Navigator therapy, a psychotherapeutic approach based on the “bodily-cognitive re-structuring”. One possible explanation of the almost total recover of a eudaemonic relational dynamics with the Vella’s method, started very far, with the Prigogine’s concept of dissipative structures. This “Ariadne’s thread” allowed the authors to reappraise and deeply review the “basilar” mechanism through which biological evolution emerged, reaching a fundamental tenet of organisms and human beings that is quite far from the usual computing, ordered machineries and instead conceived as tireless, quasi-stable dynamics far from the thermodynamic equilibrium. Several provocative issues in this book are really amazing. For example, that the human mind arose from the close relationship mother-infant, more than from handmade skilled artefacts and that cognition is not a file of storable data but an “instant rebuilt” relationship, using hedonic components to be continuously re-structured. I found it very fascinating. Current neurology, particularly the most recent research on the relationship between cognition and chaotic behaviour of the neural function, offers many insightful cues to support many of the theses and hypotheses forwarded in this book, which is also particularly enriched of a wide bibliography on the topic. Finally, the effort from the authors, who made available their expertise and above all their intuitive and creative thinking, is a precious and irreplaceable epistemological contribution to basic sciences, and I sincerely trust they may refresh many fundamental tenets held by Maturana and Varela, so really contributing in expanding the debate in the scientific community and renewing the need to discuss of science in epistemological terms. Scientists are invited to re-discuss and join the great venture to shed light on the “very” grounds of biology, rather than only collect data about the mechanisms. This, I perceived, is the underneath

message launched by the authors, who in this book, give us an amazing tale on how organisms live and on which dynamic ground their existences are funded, including ours.”