



The Lab Rat Chronicles: A Neuroscientist Reveals Life Lessons from the Planet's Most Successful Mammals

Kelly Lambert

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Discover What Rodents Know About the Good Life

What can the common laboratory rat tell us about being human? According to behavioral neuroscientist Kelly Lambert, a whole lot. Her twenty- five-year career conducting experiments that involve rats has led her to a surprising conclusion: Through their adaptive strategies and good habits, these unassuming little animals can teach us some essential lessons about how we, as humans, can lead successful lives. From emotional resilience and a strong work ethic to effective parenting and staying healthy, the lab rat is an unlikely but powerful role model for us all.

This is a surprising and engaging guided tour into the sophisticated mental, emotional, and behavioral worlds of these frequently maligned and often misunderstood little creatures.

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