

**October, 2015**  
Volume 19, Number 4  
NDPLS 19(4) 345-570 (2015)  
ISSN 1090-0578  
<http://www.societyforchaostheory.org/ndpls/>

## Nonlinear Dynamics, Psychology, and Life Sciences



Published by the Society for Chaos Theory in Psychology & Life Sciences



## Nonlinear Dynamics, Psychology, and Life Sciences

October 2015, Volume 19, Number 4

### Special Issue: Optimum Variability

#### CONTENTS

Complex Adaptive Behavior in Dexterous Action <i>Steven J. Harrison and Nicholas Stergiou</i>	345
Dimension and Complexity in Human Movement and Posture <i>Steven Morrison and Karl M. Newell</i>	395
What Can Biosignal Entropy Tell Us About Health and Disease? Applications in Some Clinical Fields <i>Borja Vargas, David Cuesta-Frau, Raúl Ruis-Esteban Eva Cirugeda and Manuel Varela</i>	419
Differential Diagnosis: Shape and Function, Fractal Tools in the Pathology Lab <i>Giorgio Bianciardi</i>	437
Different Faces of Variability in the Adaptive Process of Motor Skill Learning <i>Umberto Cesar Corrêa, Rodolfo Novelino Benda, Dalton Lustosa de Oliveira, Herbert Ugrinowitsch, Andrea Michele Freudenheim, and Go Tani</i>	465
Training the Antifragile Athlete: A Preliminary Analysis of Neuromuscular Training Effects on Muscle Activation Dynamics <i>Adam W. Kiefer and Gregory D. Myer</i>	489
The Complexity of the Psychological Self and the Principle of Optimum Variability <i>Stephen J. Guastello</i>	511
Healthy Variability in Organizational Behavior: Empirical Evidence and New Steps for Future Research <i>José Navarro and Rita Rueff-Lopes</i>	529
What is Optimum Variability? <i>David Schuldberg</i>	553
<i>Manuscripts Accepted for Publication</i>	569
<i>Ad Hoc Reviewers for 2014</i>	570
<i>Cover art: "Tear Down These Walls" by Kyle Findlay</i>	