

How to Change Your Brain for the Better

Buddha's Brain

The Practical Neuroscience of Happiness, Love & Wisdom

6 x 9 / 200 pages / ISBN: 978-1572246959

Available
November
2009

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& Foreword by Daniel Siegel, MD

about the authors



Rick Hanson, Ph.D., is a neuropsychologist, and meditation teacher. A summa cum laude graduate of the University of California, Los Angeles, he co-founded the Wellspring

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book description

Jesus, Moses, the Buddha, and other great teachers were born with brains built essentially like anyone else's. Then they used their minds to change their brains in ways that changed history.

With the new breakthroughs in neuroscience, combined with the insights from thousands of years of contemplative practice, you, too, can shape your own brain for greater happiness, love, and wisdom.

Buddha's Brain joins the forces of modern science with ancient teachings to show readers how to have greater emotional balance in turbulent times, as well as healthier relationships, more effective actions, and a deeper religious or spiritual practice.

Well-referenced and grounded in science, the book is full of practical tools and skills readers can use in daily life to tap the unused potential of the brain—and rewire it over time for greater peace and well-being.

If you can change your brain, you can change your life.

You'll learn how your brain creates worry and peacefulness, anger and caring, confusion and clarity, and suffering and its end – and how to:

- Take in good experiences to feel happier and more confident – defeating the brain's negativity bias, which is like velcro for bad experiences and teflon for positive ones
- Train your brain to cool down stress, greed, and hatred, and come home to your natural core of calm and contentment
- Energize the neural networks of compassion, empathy, and love – and clear out resentment, envy, and ill will
- Improve the mechanisms of concentration for daily life, mindfulness, and contemplative absorption
- Feel more at one with the world and the universe, and less separate and vulnerable

You'll find out how to use your mind to change your brain for the better. The path of awakening—by any name and wherever you are upon it— means an awakening brain.

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