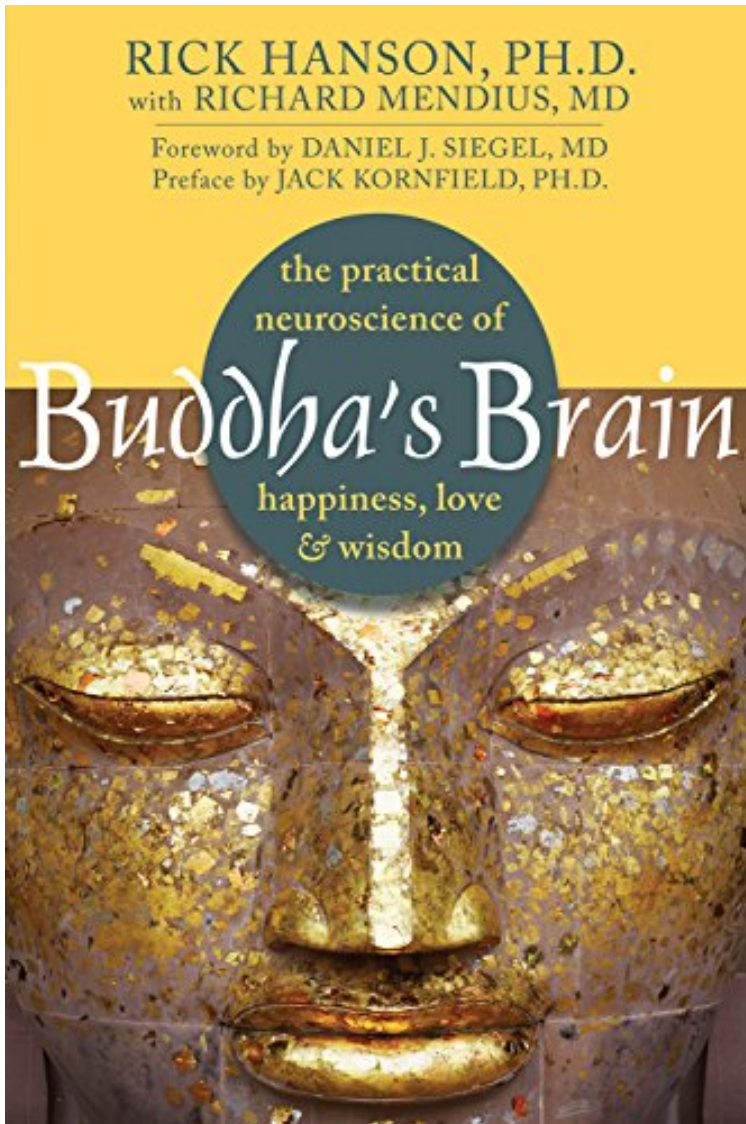


[PDF] File size: 16.Mb

Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom



Par Rick Hanson
*ePub | *DOC | audiobook | ebooks |*
Download PDF

Dtails sur le produit Rang parmi les ventes : #84236 dans eBooksPubli le: 2009-11-01Sorti le: 2009-11-01Format: Ebook Kindle

[PDF] Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom

Par Rick Hanson : Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom before purchasing it in order to gage whether or not it would be worth my time, and all praised Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom:

Download

Read Online

Description :

Prsentation de l'diteurIf you change your brain, you can change your life.Great teachers like the Buddha, Jesus, Moses, Mohammed, and Gandhi were all born with brains built essentially like anyone elsesand then they changed their brains in ways that changed the world. Science is now revealing how the flow of thoughts actually sculpts the brain, and more and more, we are learning that it's possible to strengthen positive brain states.By combining breakthroughs in neuroscience with insights from thousands of years of mindfulness practice, you too can use your mind to shape your brain for greater happiness, love, and wisdom. Buddha's Brain draws on the latest research to show how to stimulate your brain for more fulfilling relationships, a

deeper spiritual life, and a greater sense of inner confidence and worth. Using guided meditations and mindfulness exercises, you'll learn how to activate the brain states of calm, joy, and compassion instead of worry, sorrow, and anger. Most importantly, you will foster positive psychological growth that will literally change the way you live in your day-to-day life. This book presents an unprecedented intersection of psychology, neurology, and contemplative practice, and is filled with practical tools and skills that you can use every day to tap the unused potential of your brain and rewire it over time for greater well-being and peace of mind.