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In Buddha's Brain, Drs. Rick Hansen, PhD, and Richard Mendius, MD,

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provide us with fascinating insights into the neurological mechanisms that underlie and control the thinking patterns and practices that bring us joy, sorrow, elation, satisfaction, discouragement, calm, compassion, and a myriad of other emotional states. As the authors note in the Introduction, we are at an historically unprecedented period

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when the fields of
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**Buddha's Brain: The
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Rick Hanson, PhD is a psychologist, Senior Fellow of UC Berkeley's Greater Good Science Center, and New York Times best-selling author. His books have been published in 29 languages and include Neurodharma, Resilient, Hardwiring Happiness, Buddha's Brain, Just One Thing,

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Rick Hanson, PhD, is a
psychologist and
author of Buddha's
Brain, which has been
published in twenty
languages. He is
founder of the

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Wellspring Institute for Neuroscience and Contemplative Wisdom and an Affiliate of the Greater Good Science Center at the University of California, Berkeley.

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About Rick Hanson.

Rick Hanson, Ph.D., is

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an American
psychologist,
meditation trainer and
a New York Times
bestselling author.

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Summary - Rick
Hanson | 12min Blog**

In 2009, I wrote
Buddha's Brain: The
Practical Neuroscience
of Happiness, Love and
Wisdom (with Rick
Mendius, M.D.;
foreword by Dan
Siegel, M.D.; preface

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by Jack Kornfield, Ph.D.). The book shows readers many effective ways to “light up” the brain circuits that relieve worry and stress, and promote positive relationships and inner peace.

Rick Hanson - Dr. Rick Hanson

Rick Hanson, Ph.D., is a psychologist and New York Times best-selling author. He's been an invited speaker at

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NASA, Oxford, Stanford, Harvard, and meditation centers worldwide. His books are available in 28 languages and include Resilient, Hardwiring Happiness, Buddha's Brain, Just One Thing, and Mother Nurture. His work has been featured on the BBC, CBS, and NPR.

Dr. Rick Hanson: The Neuroscience of Lasting Happiness

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Buddha's Brain iPhone App - Dr. Rick Hansen

Dr. Rick Hansen is a

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neuropsychologist, meditation teacher and a senior fellow at the Greater Good Science Center of the University of California, Berkeley. Hanson's previous book, ... Buddha's Brain is a practical guide to attaining more happiness, love and wisdom in life. It aims to empower readers by providing them with practical skills ...

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Buddha's Brain

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Rick Hanson, PhD is a psychologist, Senior Fellow of UC Berkeley's Greater Good Science Center, and New York Times best-selling author. His books have been published in 29 languages and include Neurodharma, Resilient, Hardwiring Happiness, Buddha's Brain, Just One Thing, and Mother Nurture -

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Rick Hanson (Author of Buddha's Brain)

Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom. 272. by Rick Hanson PhD, Richard Mendius MD (With), Jack Kornfield PhD (Preface by), Daniel J. Siegel MD (Foreword by) Rick Hanson PhD. | Editorial Reviews.

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Rick Hanson, Ph.D., is a neuropsychologist and author of Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom. He is an authority on self-directed neuroplasticity. Get book ...

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Page 18/23

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**Buddha's Brain with
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Want to develop a
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Here are some ideas
on how! :) Links
mentioned in video:
This is one of 200
PhilosophersNotes: <http://PhilosophersNote...>

**PNTV: Buddha's
Brain by Rick
Hanson - YouTube**

Like. "Every time you
take in the good, you

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build a little bit of neural structure. Doing this a few times a day—for months and even years—will gradually change your brain, and how you feel and act, in far-reaching ways.”. — Rick Hanson, Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom.

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More Great Videos from Rick Hanson, Ph.D. Rick joins John Stossel on FBN to discuss happiness, why religious people tend to be happier, and his book Buddha's Brain, on the neuroscience of happiness. Raw footage from Rick's interview for © The Mindfulness Movie, 2013. In this video from the Greater Good Science Center in UC Berkeley for the

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Science of a Meaningful Life, Rick explains how we can use our minds to change our brains to change our minds for the better.

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