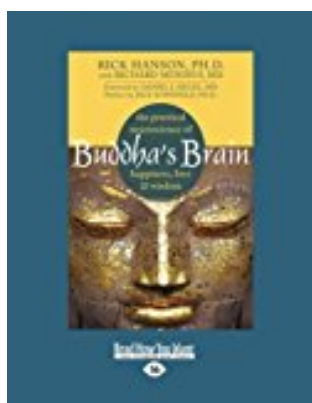


# [PDF] Buddha's Brain: The Practical Neuroscience Of Happiness, Love, And Wisdom

**Rick Hanson - pdf download free book**

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#### **Books Details:**

Title: Buddha's Brain: The Practical  
Author: Rick Hanson  
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**Description:**

**Review**

"A wonderfully comprehensive book. The authors have made it easy to understand how our minds

function and how to make changes so that we can live happier, fuller lives."

—Sharon Salzberg, author of *Lovingkindness*

"Solidly grounded in the latest neuroscientific research, and supported by a deep understanding of contemplative practice, this book is accessible, compelling, and profound—a crystallization of practical wisdom!"

—Philip David Zelazo, PhD, Nancy M. and John E. Lindahl Professor at the Institute of Child Development, University of Minnesota

"This is simply the best book I have read on why and how we can shape our brains to be peaceful and happy. This is a book that will literally change your brain and your life."

—Jennifer Loudon, author of *The Woman's Comfort Book* and *The Life Organizer*

"Buddha's Brain is a significant contribution to understanding the interface between science and meditation in the path of transformation. Illuminating."

—Joseph Goldstein, author of *A Heart Full of Peace* and *One Dharma*

"Buddha's Brain is compelling, easy to read, and quite educational. The book skillfully answers the central question of each of our lives—how to be happy—by presenting the core precepts of Buddhism integrated with a primer on how our brains function. This book will be helpful to anyone wanting to understand time-tested ways of skillful living backed up by up-to-date science."

—Frederic Luskin, PhD, author of *Forgive for Good* and director of Stanford Forgiveness Projects

"I wish I had a science teacher like Rick Hanson when I went to school. *Buddha's Brain* is at once fun, fascinating, and profound. It not only shows us effective ways to develop real happiness in our lives, but also explains physiologically how and why they work. As he instructs us to do with positive experiences, take in all the good information this book offers and savor it."

—James Baraz, author of *Awakening Joy* and cofounder of Spirit Rock Meditation Center

"With the mind of a scientist, the perspective of a psychologist, and the wise heart of a parent and devoted meditator, Rick Hanson has created a guide for all of us who want to learn about and apply

the scintillating new research that embraces neurology, psychology, and authentic spiritual inquiry. Up-to-date discoveries combined with state-of-the-art practices make this book an engaging read. *Buddha's Brain* is at the top of my list!"

—Richard A. Heckler, PhD, assistant professor at John F. Kennedy University in Pleasant Hill, CA

"An illuminating guide to the emerging confluence of cutting-edge neuropsychology and ancient Buddhist wisdom filled with practical suggestions on how to gradually rewire your brain for greater happiness. Lucid, good-humored, and easily accessible."

—John J. Prendergast, PhD, adjunct associate professor of psychology at California Institute of Integral Studies and senior editor of *The Sacred Mirror* and *Listening from the Heart of Silence*

"*Buddha's Brain* will show you how mental practices, informed by the contemplative traditions, can increase your capacity for experiencing happiness and peace. This book provides a scientific understanding of these methods, and clear guidance for practices that cultivate a wise and free heart."

—Tara Brach, PhD author of *Radical Acceptance*

--This text refers to an alternate edition.

**From the Publisher** In **Buddha's Brain**, a clinical psychologist and a senior neurologist explain how the brain benefits from contemplative practice and show readers how to develop greater happiness, love, and wisdom by drawing from breakthroughs in modern neuroscience.

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