



Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence

By Hanson, Rick

Harmony, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Rick Hanson is a master of his craft, showing us a wise path for daily living in this book. Based in the latest findings of neuroscience, this book reveals that if we understand the brain a little, we can take care of our lives a lot, and make a real difference to our well-being. Here is a book to savor, to practice, and to take to heart." -- Mark Williams, Ph.D., Professor, University of Oxford, author of Mindfulness "The cultivation of happiness is one of the most important skills anyone can ever learn. Luckily, it's not hard when we know the way to water and nourish these wholesome seeds, which are already there in our consciousness. This book offers simple, accessible, practical steps for touching the peace and joy that are every person's birthright." --Thich Nhat Hanh, author of Being Peace and Understanding Our Mind "In this remarkable book, one of the world's leading authorities on mind training shows how to cultivate the helpful and good within us. In a beautifully written and accessible way, Rick Hanson offers us an inspiring gift of wise...



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It is easy in study safer to comprehend. It can be writter in basic phrases and never confusing. It is extremely difficult to leave it before concluding, once you begin to read the book.

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