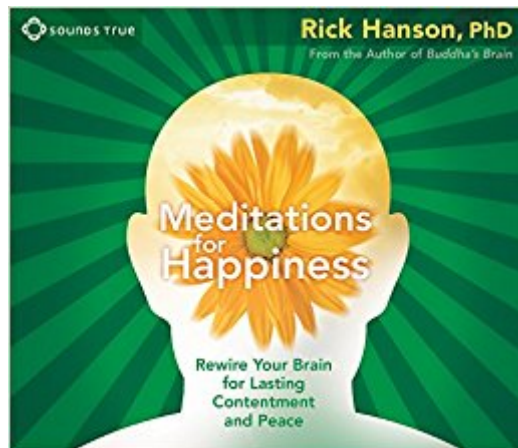




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Meditations For Happiness: Rewire Your Brain For Lasting Contentment And Peace



Synopsis

Happiness is far more than a positive feeling that comes and goes. Science is now proving that happiness is a skill that you can develop. Bridging neuropsychology with the great contemplative traditions, *Meditations for Happiness* brings you a series of practices that allow you to literally rewire the neural pathways in your brain to experience deeper and more lasting contentment. On part one, Dr. Hanson discusses the nature of happiness, its role in our evolution, how our brains both make us happy and create suffering, and how we can use and shape our brains over time to experience more joy and ease in everyday life. He then guides you step-by-step through more than a dozen meditations and exercises including:

- A Happiness Trip-explore the many shades of positive emotions that relate to your happiness
- Gratitude-an antidote to threatening thoughts and feelings
- Taking Refuge in What's Reliable-root your happiness in the safe harbors of things you can truly count on
- Coming Home to Happiness-a relaxing session to ease your body-mind back to its natural state of calm and contentment

"Emotions come and go, but true happiness endures," teaches Dr. Hanson. With *Meditations for Happiness*, he helps you build a foundation of skills for realizing the happiness you desire.

Book Information

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Customer Reviews

Rick Hanson, Ph.D., is a psychologist, a Senior Fellow of the Greater Good Science Center at UC Berkeley, and New York Times best-selling author. His books include *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence* (in 14 languages), *Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom* (in 25 languages), *Just One Thing:*

Developing a Buddha Brain One Simple Practice at a Time (in 14 languages), and Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships. Founder of the Wellspring Institute for Neuroscience and Contemplative Wisdom, he's been an invited speaker at Oxford, Stanford, and Harvard, and taught in meditation centers worldwide. An authority on self-directed neuroplasticity, Dr. Hanson's work has been featured on CBS, BBC, NPR, CBC, FoxBusiness, Consumer Reports Health, U.S. News and World Report, and O Magazine, and he has several audio programs with Sounds True. He edits the Wise Brain Bulletin, his weekly e-newsletter - Just One Thing - has over 100,000 subscribers, and his yearlong program on positive neuroplasticity - the Foundations of Well-Being - is now available as an eCourse. A summa cum laude graduate of UCLA, Dr. Hanson has been a trustee of Saybrook University and served on the board of Spirit Rock Meditation Center for nine years. For more information, please see his full profile at www.RickHanson.net.

Rick Hanson is a gift in whatever way that he presents himself: in his books(Buddha's Brain), on the Utube, in his weekly "Just One Thing" newsletter(that he kept sending even when he was very ill) and in his DVDs. Although I bought all three of these, I am still listening to the first one I opened: "Mediations for Happiness". I absolutely love it. I listen to it early in the am and in the car.I suggest it to my clients.Rick has a soothing, well modulated voice that eases you into a mediation mode. His content is IQ and EQ combined. His images are so alive and apt, that you find you cannot drift into automatic pilot like you used to. He brings such thoughtfulness to your mind that it stays there: he makes you mindful. What a gift.

I've tried 2 of Rick Hanson's meditation audios, this one and Stress Proof Your Brain, and I like listening to him. He has such a relaxing voice that my pets fall asleep! If you want exercises and advice to think about, you'll probably like Meditations for Happiness, but if you want something to meditate to, Stress Proof Your Brain is better. Meditations for Happiness just doesn't have many actual meditations, though it offers some useful advice.

The majority of the cd's are studies done on happiness. The actual meditation's are too short to be of benefit (10 min) or shorter.He also runs through the meditation quickly giving too many things to think about, and very little time to relax and ponder what he wants you to think about.

By far, Rick's best CD If you begin listening to this cd on a regular basis it has the capacity to

change your life. He reminds us that we all deserve to be happy. Such a simple concept but so powerful. I love this CD.

Just what I was looking for

Good! Every one should get one!

Excellent, doable, helpful. If you get a chance to see him live, please do so. It will be worth it.

Too much concentration on childhood. This approach may be all right for those who want to dig deeply into their past. Ignoring the fact that this may not be psychologically valid the assumption that visualizing will solve problems of today does not hold, at least for me. What I wanted was something about today and my life and approaches to it .

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