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Written with neurologist Richard Mendius, M.D., and with a Foreword by Daniel Siegel, M.D. and a Preface by Jack Kornfield, Ph.D., Buddha's Brain: The Practical Neuroscience of Happiness,

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Buddha's Brain: The Practical Neuroscience of Happiness, Love, and Wisdom Rick Hanson. Jesus, Moses, the Buddha, and other great teachers were born with brains built essentially like anyone else's. Then they used their minds to change their brains in ways that changed history. With the new breakthroughs in neuroscience, combined with the ...

~~Buddha's Brain: The Practical Neuroscience of Happiness ...~~

~ Rick Hanson from Buddha's Brain Rick Hanson is a neuropsychologist and meditation teacher and this book delivers on its subtitle, delivering a practical look at the neuroscience of happiness, love and wisdom.

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