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modern science with
ancient teachings to
show you how to have
greater emotional
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authors' considerable
understanding of both
meditation and
neuroscience into
punchy advice and
things that people can
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the core functions of
the brain: regulating,
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“Buddha’s Brain” is a comprehensive and reader-friendly study of the relationships between old-world practices such as meditation and newest neuroscientific findings such as Hebb’s rule. As such, it is not only an interesting but rather an exceptional book.

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" A wonderfully
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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. "
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Solidly grounded

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with a Foreword by
Daniel Siegel, M.D. and
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greater emotional
balance in turbulent
times, as well as
healthier relationships,
more effective actions,
and greater peace of
mind.

Buddha's Brain - Dr. Rick Hanson

Rather, it is to foster
positive
experiences—and in
particular, to take them
in so they become a
permanent part of
you.” — Rick Hanson,
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